

BARREN COUNTY
Barren County YMCA
1 YMCA Way
Glasgow, KY 42141
270-651-7599

TJ Samson Sports Medicine & Rehab
105A Myrtle Street
Glasgow, Kentucky 42141
270- 651-4807

BALLARD COUNTY
Purchase District HD
Call for class locations
320 N. 7th Street
Mayfield, KY 42066
270-247-1490

BOONE COUNTY
RC Durr YMCA
5874 Veterans Way
Burlington, KY 41005
859-534-5700

BOYD COUNTY
Ashland Area YMCA
3232 13th Street
Ashland, KY 41002
606-324-6191

BOYLE COUNTY
McDowell Wellness Center
1107 Ben Ali Dr
Danville, KY 40422
859-936-7225

Center for Health & Wellness
Murray Calloway Co Hosp
716 Poplar St
Murray, KY 42071
270-762-1348

Purchase District HD
Call for class locations
320 N. 7th Street
Mayfield, KY 42066
270-247-1490

CAMPBELL COUNTY
Campbell County YMCA
1437 S. Fort Thomas Avenue
Ft. Thomas, KY 41075
859-781-1814

CLARK COUNTY
Winchester-Clark Co Parks & Recreation
15 Wheeler Drive
Winchester, KY 40391
859-744-9554

DAVIES COUNTY
Owensboro Health Park
1006 Ford Avenue
Owensboro, KY 42301
270-688-5433

FAYETTE COUNTY
Baptist HealthwoRx
161 Lexington Green Circle
Lexington, KY 40503
859-260-4354

Cardinal Hill Rehab
2050 Versailles Road
Lexington, KY 40503
859-254-5701

FRANKLIN COUNTY
YMCA Prevention Park
77-C Michael Davenport Blvd.
Frankfort, KY 40601
502-875-9276

FULTON COUNTY
Purchase District HD
Call for class locations
320 N. 7th Street
Mayfield, KY 42066
270-247-1490

HENDERSON COUNTY
Henderson County YMCA
460 Klutey Park Plaza
Henderson, KY 42420
270-826-2871

HICKMAN COUNTY
Purchase District HD
Call for class locations
320 N. 7th Street
Mayfield, KY 42066
270-247-1490

HOPKINS COUNTY
Hopkins County YMCA
150 YMCA Drive
Madisonville, KY 42431
270-821-9622

JEFFERSON COUNTY
Baptist East Milestone
750 Cypress Station Rd
Louisville, KY 40207
502-896-3900 x 132

Breckinridge Inn Health Club
2800 Breckinridge Lane
Louisville, KY 40220
502-456-5050

Home of the Innocents
1100 East Market Street
Louisville, KY 40206
502-596-1000

Mary T. Meagher Aquatic 201
Reservoir Ave
Louisville, KY 40206
502-897-9949

MADISON COUNTY
Telford Community YMCA
1100 East Main St
Richmond, KY 40475
859-623-9356

McCRACKEN COUNTY
Purchase District HD
Call for class locations
320 N. 7th Street
Mayfield, KY 42066
270-247-1490

PULASKI COUNTY
Blakley Family YMCA
100 E. Somerset Church Rd
Somerset, KY 42503
606-679-7428

SHELBY COUNTY
Clear Creek Park
717 Burks Branch Rd
Shelbyville, KY 40065
502-633-5059

WHITLEY COUNTY
Baptist Family Fitness
440 W. Cumberland Gap
Corbin, KY 40701
606-526-0007

WOODFORD COUNTY
Falling Springs Arts & Rec
275 Beasley Drive
Versailles, KY 40383
859-873-5948

The Arthritis Foundation Aquatic Program is a warm-water exercise program shown to reduce pain and improve overall health. Designed to be a fun, safe way for people with arthritis to exercise and stay fit.

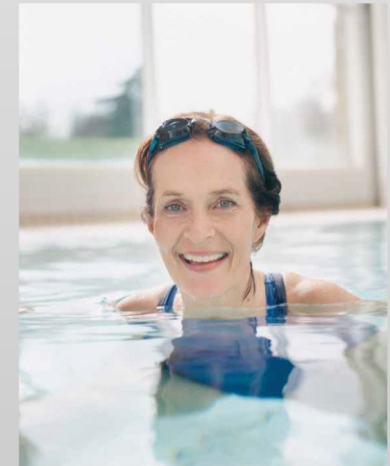
Suitable for every fitness level, the classes are held in a friendly and supportive environment that encourages social interaction among participants.

These programs are warm water range-of-motion exercises taught by instructors trained by the Arthritis Foundation. You do not need to know how to swim to participate in these classes. Costs vary by location, please call them. If you have questions about any program, please call 800-383-6843. Also visit our web site at <http://www.arthritis.org>.



Arthritis Foundation

Aquatic Exercise Program



Kentucky

**Ohio River Valley
Great Lakes Region
800-383-6843**

