

**BROWN COUNTY**

**Lake Waynoka Health & Rec**  
1 Waynoka Drive  
Sardinia, OH 45171  
937-446-1778

**BUTLER COUNTY**

**Elements at the Bever**  
855 Stahlheber Road  
Hamilton, OH 45013  
513-820-5047

**East Butler County YMCA**

6645 Morris Road  
Hamilton, OH 45011  
513-892-9622

**Elements at the Square**

100 Berkeley Drive  
Hamilton, OH 45013  
513-896-8087

**Fairfield YMCA**

5220 Bibury Road  
Fairfield, OH 45014  
513-829-3091

**Fitton Family YMCA**

1307 NW Washington Blvd.  
Hamilton, OH 45013  
513-868-9622

**Maple Knoll Village**

Hemsworth Wellness Center  
11000 Springfield pike  
Cincinnati, Ohio 45246  
513-782-4340

**Mercy Health Plex-Fairfield**

3050 Mack Road  
Fairfield, OH 45014  
513-682-1212

**Middletown YMCA**

1020 Manchester Ave.  
Middletown, OH 45042  
513-422-9622

**CLERMONT COUNTY**

**Clermont County YMCA**

2075 James E. Sauls Sr. Drive  
(Formerly Front Wheel Drive) Batavia, OH  
45103  
513-724-9622

**Miami Athletic Club**

930 Lila Avenue  
Milford, OH 45150  
513-831-0006

**HAMILTON COUNTY**

**Bayley Fitness Club**

401 Farrell Court  
Cincinnati, OH 45233  
513-347-1400

**Blue Ash YMCA**

5000 YMCA Drive  
Cincinnati, OH 45242  
513-791-5000

**Carl H. Lindner Family YMCA**

1425 B Linn Street  
Cincinnati, OH 45214  
513-241-9622

**Drake Center**

151 W. Galbraith Road  
Cincinnati, OH 45216  
513-418-2727

**Drake Outpatient Center**

**Children & Adolescents ONLY**  
151 Galbraith Road  
Cincinnati, OH 45216  
513-636-4300

**Maple Knoll Village**

The Hemsworth Wellness Center  
11000 Springfield Pike  
Cincinnati, OH 45246  
513-782-4342

**Mercy Health Plex Anderson**

7495 State Road  
Cincinnati, OH 45255  
513-624-1886

**Mercy Health Plex Western Hills**

3131 Queen City Avenue  
Cincinnati, OH 45238  
513-389-1871

**Gamble Nippert Y.M.C.A.**

3159 Montana Avenue  
Cincinnati, OH 45211  
513-661-1105

**M.E. Lyons YMCA**

8108 Clough Pike  
Cincinnati, OH 45244  
513-474-1400

**Mt. Auburn Rec. Center Pool**

270 Southern Avenue  
Cincinnati, OH 45219  
513-357-7665 aquatic dept.

**Powel Crosley YMCA**

9601 Winton Road  
Cincinnati, OH 45231  
513-521-7112

**Tri-Health Fitness & Health**

6200 Pfeiffer Road  
Cincinnati, OH 45242  
513-985-6742

**Twin Lakes**

9840 Montgomery Road  
Cincinnati, OH 45242  
513-247-1330

**Twin Towers**

5343 Hamilton Avenue  
Cincinnati, OH 45224  
513-853-4100

**Wm & Harriett Clippard YMCA**

8920 Cheviot Road  
Cincinnati, OH 45251  
513-923-4466

**WARREN COUNTY****Atrium Family YMCA**

5750 Innovation Drive  
Franklin, OH 45005  
513-217-5501

**Coffman Family YMCA**

88 Remick Blvd  
Springboro, OH 45066  
937-886-9622

**Mason Community Center**

6050 Mason Montgomery Road  
Mason, OH 45040  
513-229-8500

**Northern KY Locations****BOONE COUNTY****RC Durr YMCA**

5874 Veterans Way  
Burlington, KY 41005  
859-534-5700

**CAMPBELL COUNTY****Campbell County YMCA**

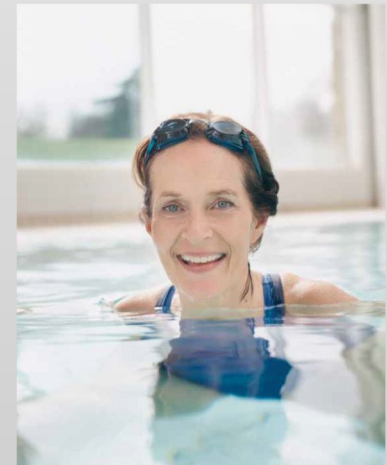
1437 S. Fort Thomas Avenue  
Ft. Thomas, KY 41075  
859-781-1814

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 513-271-4545 or 1-800-383-6843. Also visit our web site at <http://www.arthritis.org>.



# Arthritis Foundation

## Aquatic Exercise Program



### Cincinnati/Northern Kentucky Locations

Ohio River Valley  
Great Lakes Region  
**800-383-6843**  
**513-271-4545**

