

PROGRAMS
for better living



PROGRAM LISTING

This document includes a listing of locations that offer the Arthritis Foundation Aquatic Program, the Arthritis Foundation Exercise Program, the Arthritis Foundation Tai Chi Program and/or the Walk With Ease program. Individuals with arthritis or related diseases should consult with their physician before using any medication, therapy or exercise.

AQUATICS
a program for better living



EXERCISE
a program for better living



TAI CHI
a program for better living



**Arthritis Foundation
Great Lakes Region
Western Pennsylvania**

Foster Plaza #11
790 Holiday Drive
Pittsburgh, PA 15220
412-566-1645 OR 1-800-522-9900
FAX 412-539-1182

Class availability is subject to change.

<http://www.arthritis.org/western-pennsylvania/>



The Arthritis Foundation Aquatic Program is the ideal environment for relieving arthritis pain. The program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in the warm water will help you gain strength and flexibility while decreasing pain and stiffness.

ALLEGHENY COUNTY

Club One
412-362-4806

<http://www.club1pittsburgheastend.com/>

Sports Medicine Institute
412-432-3723

www.sportsmedicine.upmc.com

Schenley Gardens
412-621-4200

www.schenleygardens.com/schenley

Jewish Community Center-South Hills
412-278-1975

www.jccpgh.org

Jewish Community Center-Squirrel Hill
412-521-8010

www.jccpgh.org

Sewickley Valley YMCA
412-741-9622

www.sewickleyymca.org

Woodlands Foundation
724-935-5470

www.woodlandsfoundation.org

Sisters of St. Francis
(CCAC Community Education)
412-469-6358

Healthtrax Fitness & Wellness Center
412-835-0500

www.healthtrax.com

Masonic Village at Sewickley
412-741-1400

www.masonicvillagespa.org

Community & Recreation Center
at Boyce-Mayview Park
412-221-1099

www.livesmarterplayharder.com

Health Star Physical Therapy
724-275-7827

Thelma Lovette YMCA
412-315-0990

<http://www.ymcaofpittsburgh.org/locations/thelma-lovette-ymca/>

ARMSTRONG COUNTY

Armstrong County YMCA
724-545-9622

www.armstongymca.org

Armstrong Memorial Hospital
724-543-8145

www.acmh.org

BEAVER COUNTY

Beaver County YMCA
724-891-8439

www.beavercountyyymca.org

<http://www.arthritis.org/western-pennsylvania/>

AQUATICS
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BUTLER COUNTY

Butler County Family YMCA
724-287-4733
www.bcfymca.org

Rose E. Schneider Family YMCA
724-452-9122
www.bcfymca.org

ERIE COUNTY

Glenwood YMCA
814-868-0867
www.ymcaerie.org/glenwood

LECOM
814-868-7800
www.lecomwellness.com

Downtown YMCA
814-452-3261
www.ymcaerie.org/downtown

Eastside YMCA
814-899-9622
www.ymcaerie.org

Barber Institute
814-878-4071
www.drbarbercenter.org

FAYETTE COUNTY

Center for Fitness & Health
Mon Valley Hospital
724-379-5100
www.mvhealthplex.com

INDIANA COUNTY

Indiana YMCA
724-463-9622
www.indianacountyyymca.org

Laurel Highlands Health Center
724-357-9991
www.lhhcpt.com

MERCER COUNTY

Coolsprings Fitness & Aquatics
724-662-1910
www.coolspringsfitness.com

VENANGO COUNTY

Franklin YMCA
813-432-2138
www.grovecityymca.org

Oil City YMCA
814-677-3000
www.oilcityymca.org

<http://www.arthritis.org/western-pennsylvania/>

AQUATICS
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WARREN COUNTY

Warren County YMCA
814-726-0110
www.warrenymca.org

WASHINGTON COUNTY

Mon Valley YMCA
724-483-8077
www.monvalleyymca.org

Wilfred R. Cameron Wellness Center
724-225-WELL
www.wrcameronwellness.org

WESTMORELAND COUNTY

The Aerobic Center
724-834-2153
www.aerobiccenter.org

Valley Points Family YMCA
724-335-9191
www.vpfymca.org

Greensburg YMCA
724-834-0150
www.greensburgymca.org

Therapy in Motion
724-668-2311
www.therapyim.com

<http://www.arthritis.org/western-pennsylvania/>

EXERCISE
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The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility, range of motion, and help maintain muscle strength.

ALLEGHENY COUNTY

Lutheran Service Society (Bellevue)
412-734-9330
<http://lsswpa.org/>

Saints John and Paul
724-932-2104
www.stsjohnandpaul.org

Bethel Park Gracious Retirement Living
412-369-3703
www.bethel-park.net

Westminster Presbyterian Church (WROC)
412-835-6630
<http://wroc.westminster-church.org/>

Ingomar United Methodist Church
412-364-3613
www.ingomarumc.org

St. Thomas More Manor
412-833-2410

North Boroughs YMCA
412-761-1227
www.ymcaofpittsburgh.org

Baierl YMCA
724-934-9622
www.ymcaofpittsburgh.org

Marshall Twp. Parks & Rec
724-935-3090 X 115
<http://twp.marshall.pa.us/parks-recreation/>

The Athletic Club @ the Carnegie Library of
Homestead
412-462-3444 X 225
www.homesteadlibrary.org

Sewickley Public Library
412-741-6920
<http://sewickleylibrary.org/>

Union Project
412-363-4550
www.unionproject.org

BEAVER COUNTY

Beaver County YMCA
724-891-8439
www.beavercountyyymca.org

ERIE COUNTY

YMCA of Greater Erie
814-899-9622
www.ymcaerie.org

<http://www.arthritis.org/western-pennsylvania/>

EXERCISE

a program for better living



FAYETTE COUNTY

Center for Fitness & Health

724-379-5100

www.myhealthplex.com

INDIANA COUNTY

Indiana Regional Medical Center

724-357-7497

www.indianarmc.org

LAWRENCE COUNTY

Shenango Presbyterian Senior Center

724-946-3408

www.shenangoonthegreen.org

MERCER COUNTY

Shenango Valley Senior Center

724-981-7950

www.mercercountyaging.org

WASHINGTON COUNTY

Mon Valley YMCA

724-483-8077

www.monvalleyymca.org

<http://www.arthritis.org/western-pennsylvania/>

TAI CHI
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The Arthritis Foundation Tai Chi Program is designed to improve the quality of life for people with arthritis using Sun style Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation.

ALLEGHENY COUNTY

St. Paul's Episcopal Church
412-480-4492 to register
www.tchpgh.com

Collier Twp. Municipal Building
412-279-2525
www.colliertownship.net

Allegheny General Hospital
Allegheny Professionals Bldg.
412-330-4469

PKA Karate Academy
412-531-4411
www.pkakarate.com

www.wpahs.org/specialties/integrated-medicine

JCC of the South Hills
412-278-1975

Lifespan Bethel Park Community Center
(age 65+)
412-831-7111

www.jccpgh.org/south-hills

Baierl Family YMCA
724-934-9622

Westminster Recreation & Outreach Center
412-835-6630
<http://wroc.westminster-church.org/>

www.ymcaofpittsburgh.org

Marshall Twp. Parks & Rec
724-935-3090 X 115

North Boroughs YMCA
412-761-1227

www.ymcaofpittsburgh.org

<http://twp.marshall.pa.us/parks-recreation/>

Sewickley Public Library
412-741-6920

takeyoga studio
412-767-5814

www.takeyogastudio.com

<http://sewickleylibrary.org/>

Thelma Lovette YMCA
412-315-0990

<http://www.ymcaofpittsburgh.org/locations/thelma-lovette-ymca/>

ARMSTRONG COUNTY

Richard G. Snyder YMCA
724-545-9622
<http://rgsymca.org>

ERIE COUNTY

Eastside YMCA
814-899-9622
www.ymcaerie.org

SOMERSET COUNTY

Windber Center for Life
814-467-5912
www.somersetaaa.org

VENANGO COUNTY

Franklin YMCA
813-432-2138
www.grovecityymca.org

<http://www.arthritis.org/western-pennsylvania/>

TAI CHI

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WASHINGTON COUNTY

Peters Township Outpatient Care Center

412-330-4469

www.wpahs.org/specialties/integrated-medicine

WESTMORELAND COUNTY

Valley Points Family YMCA

724-335-9191

www.vpfymca.org

Graceful Aging Wellness Center

724-238-2142

<http://www.arthritis.org/western-pennsylvania/>