

TAI CHI FROM THE ARTHRITIS FOUNDATION

2/2/09

Delta Area Health Educ. Center
1393 Hwy 242S
Helena, AR 72342
Phone: 870-572-2727 ext. 105
Instructor: Dodie Danehower
Meets: T 5:30pm

Conway Regional Health and Fitness
Conway
Phone: 501-450-9292 ext. 21
Instructor: Sheery Woods
Meets: M thru F (in the pool) 11:00 a.m.
M thru F (on land) 5:30 p.m.

Washington Regional
Center for Exercise
Fayetteville
Phone: 479-443-9955
Instructor: Randal Seyler
Meets: Sat 1:00 a.m.

Harrison Physical Therapy
Harrison
Phone: 870-743-4438
Instructor: Shan Borchers
Meets: T 8:00 a.m.

Coronado Fitness Center
Hot Springs Village
Phone: 501-922-1230
Instructor: Arlene Hodgson
Meets: M/W/F 11:00 a.m.

Community Center
Jacksonville
Phone: 982-4171
Instructor: Joanne Zietler
Meets: M 5:00 p.m.
TH 10:00 a.m.

Area Agency on Aging
Jonesboro
Phone: 870-930-2225
Instructor: Melissa Prater, Cheryl Hamm
Meets: T/Th 11:00 a.m.

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YWCA

Little Rock

Phone: 501-664-4268

Instructor: Marsha McClung

Meet: Sat. 11:15a.m. – 12:00 p.m.

LifeQuest (Shepherd Center)

Little Rock

Phone: 501-225-6073

Contact: JoAnne McQuade

Instructor: Nola Ballinger

Meets: W 1:15 p.m.

Pulaski Heights Presbyterian Church

Little Rock

Phone: 501-663-8361

Contact: Judy Mitchell

Instructor: Nola Ballinger

Meets: Th 7:00 p.m.

UAMS

Little Rock

Phone: 501-661-7955

Instructor: Kellie Coleman, Marye Anne Boyd

Meets: M/W 11:00 a.m.

T/TH 3:30 p.m.

Community Center

Lonoke

Phone: 501-676-4390

Instructor: Patricia Schafer

Meets: W 8:00 a.m.

Rich Mtn. Community College

Mena

Phone: 501-394-7622 X1342

Instructor: Naomi Thompson

Meets: T/Th 11:00 a.m.

Conway County Community Center

Morrilton

Phone: 501-354-4122

Instructor: Fina Bartlett, Merelyn Voss

Meets: T/TH 9:25 am

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Trinity Village

Pine Bluff

Phone: 870-879-8236

Instructor: Jane McMullin

Meets: T/TH 9:30 a.m.

M/W/F 9:00 a.m.

Jack Evans Sr. Center

Sherwood

Phone: 834-5770

Contact: Don Hindman

Instructor: Eugene Manfredini

Meets: T/TH 2:30 p.m.

T/TH 3:30 p.m.

St. Vincent Rehab Hospital

Sherwood

Phone: 834-1800

Contact: Sheery Woods

Meets: T/TH 9:00 p.m.