



The Arthritis Foundation Aquatics Program is a gentle way to exercise joints & muscles. The soothing warmth & buoyancy of warm water make it a safe, ideal environment for relieving arthritis pain.

CLASSES ARE OFFERED AT THE FOLLOWING FACILITIES:

Gold's Gym

Springfield (217) 789-4653
Monday, Wednesday and Friday at 11:00am
\$5 per class for 60 years old and under
\$3 per class for 60 years old and over

Lewis Memorial Christian Village

Springfield (217) 726-5606
Wednesday And Friday at 10:45am
\$1 per class attended
(must be a member– call for membership information)

YMCA

Springfield (217) 544-9846
Tuesday and Thursday at 9:00am
\$104 for a 7 week session

Sherwood Eddy Memorial YMCA

Jacksonville (217) 245-2141
Tuesday and Thursday at 9:30am
\$8 per class or Free for members

Fitness World

Jacksonville (217) 243-5858
Tuesday and Thursday at 8:20am
12 classes for \$36



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

CLASSES ARE OFFERED AT THE FOLLOWING FACILITIES:

Senior Services of Central Illinois

Springfield (217) 528-4035
Tuesday & Thursday at 10:30am
\$3 per class attended

Capitol Retirement Village

Springfield (217) 698-9441
(Must be a resident of CRV)



With slow movements as fluid as silk, the gentle Chinese practice of Tai Chi seems tailor - made for easing sore joints and muscles.

Senior Services of Central Illinois

Springfield (217) 528-4035

Tai Chi sessions are 8 weeks long.
Call to register for the next available start date.
\$3 per class attended



The Arthritis Foundation offers an Arthritis Foundation Self-Help Program. This course is designed to teach people how to deal with their condition on a daily basis. It is catered toward anyone with arthritis, fibromyalgia, or any related diseases. Topics include: disease management, exercise, communication, joint protection, fatigue, stress management, and more. If you or someone you know is interested in participating or leading one of these courses, contact the Arthritis Foundation at (217) 523-2200.

**Our Fibromyalgia Support Group meets
the second Tuesday of every month at:**

Hickory Glen Retirement Center from 5:30 –7:00 p.m.

For more information call:
Terri at 483-2224

*Hickory Glen Retirement Center (Formally known as Oak Terrace)
1700 West Washington
Springfield, IL*