

## State-Wide Listing November 2009



The Arthritis Foundation Aquatic Program is a fun and invigorating warm-water recreational exercise program.

The program is taught by an instructor who has been specially trained by the Arthritis Foundation. Anyone who is limited by impaired joint motion and/or strength can benefit from its range of motion and muscle strengthening exercises.

The focus of the program is as follows:

- ✓ Improve joint flexibility
- ✓ Improve endurance and strength
- ✓ Improve mobility
- ✓ Improve balance and coordination
- ✓ Encourage personal growth
- ✓ Encourage a feeling of well being
- ✓ Decrease pain and stiffness
- ✓ And much, much more . . .

*Please call individual sites for information on class schedules, costs and pre-registration. If you don't see your community listed, please call us for more information.*

*New classes are forming now!*

### **ARTHRITIS FOUNDATION CLASSES ARE LISTED BY COUNTY:**

#### **CHARLEVOIX COUNTY**

##### **CHARLEVOIX**

Charlevoix Area Community Pool  
11905 US 31 North  
(231) 547-0982

#### **GENESEE COUNTY**

##### **FLINT**

Hurley Health & Fitness Center  
4500 S. Saginaw Street  
(810) 235-8544

#### **GRAND TRAVERSE COUNTY**

##### **TRAVERSE CITY**

Premier Health & Fitness  
1209 S. Garfield  
(231) 935-0690  
*JA, ADULT & DEEP WATER  
CLASSES AVAILABLE*

#### **INGHAM COUNTY**

##### **LANSING**

Delta-Waverly Activities Center  
3131 West Michigan Ave., Suite 39  
(517) 484-5600

#### **MASON**

Heartwood School  
625 Hagadorn Road  
(517) 483-1227  
*(Pre-registration with Lansing  
Community College required)*

#### **KENT COUNTY**

##### **EAST GRAND RAPIDS**

East Grand Rapids Parks and Rec  
Wealthy Pool  
750 Lakeside Drive SE  
(616) 949-1750

**- Over please -**

**KENT COUNTY**

**GRAND RAPIDS**

Covenant Village of the Great Lakes  
2510 Lake Michigan Drive  
*RESIDENTS ONLY, PLEASE*

Porter Hills Retirement  
Martindill Wellness Center  
3600 Fulton Street E  
*RESIDENTS ONLY, PLEASE*

**KENTWOOD**

East Kentwood High School  
6230 Kalamazoo Avenue SE  
(616) 698-6700

**MACOMB COUNTY**

**WARREN**

Warren Community Center  
Parks & Recreation  
5460 Arden  
(586) 258-8400

Windemere Park Independent &  
Assisted Living  
31800 Van Dyke  
*RESIDENTS ONLY, PLEASE*

**NEWAYGO COUNTY**

**FREMONT**

Tamarac Wellness Facility  
Gerber Memorial Hospital  
1401 W. Main  
(231) 924-1600

**OAKLAND COUNTY**

**WEST BLOOMFIELD**

West Bloomfield Family Aquatics  
6200 Farmington Road  
(248) 451-1900  
*DEEP WATER ALSO AVAILABLE*

**SOUTHFIELD**

Brookdale, The Heritage  
25800 W 11 Mile Road  
(248) 727-2016

**OCEANA COUNTY**

**HART**

Lakeside Comprehensive Rehab  
601 E. Main St.  
(231) 873-3577

Oceana County Medical Care  
701 E. Main Street  
(231) 873-6600

**OTTAWA COUNTY**

**JENISON**

Sunset Manor  
725 Baldwin  
(616) 457-2770

**WASHTENAW COUNTY**

**ANN ARBOR**

One on One Athletic Club  
2875 Boardwalk Drive  
(734) 761-4440

**WAYNE COUNTY**

**CANTON**

Summit on the Park  
46000 Summit Parkway  
(734) 394-5460  
*JA & ADULT CLASSES AVAILABLE*

**ROMULUS**

Romulus Athletic Center  
35765 Northline Rd.  
(734) 942-2223

**WESTLAND**

Dyer Pool  
36745 Marquette  
(734) 419-2426

**WEXFORD**

**CADILLAC**

Mercy Cadillac Rehabilitation Services  
704 Oak Street  
(231) 876-7443