



# Programs and Services For Southern Nevada

2560 E. Sunset Road #106, Las Vegas, NV 89120 - Tel: (702) 367-1626 Fax: (702) 367-6381 - [www.arthritis.org](http://www.arthritis.org)

*The mission of the Arthritis Foundation is to improve lives through leadership  
in the prevention, control, and cure of arthritis and related diseases.*



## Arthritis Foundation Aquatic Program™

A gentle exercise program conducted in a heated pool. The warm water and smooth movements help to improve joint flexibility and relieve pain and stiffness.

*\*There may be a charge for classes or some sites may require membership. Please call site directly for details.*

### LAS VEGAS

#### **College of Southern Nevada**

6375 W. Charleston Blvd. Bldg. A  
Please contact our local office for more details

(702) 367-1626

MWF 9:30 a.m.-11:00 a.m.

(Pat Robinson, Nan Borchard)

MWF 12:30 p.m.-2:00 p.m.

(Carol Starr)

TTH 12:30 p.m.-2:00 p.m.

(Sheryl Brewer)

#### **Las Vegas Municipal Pool**

431 E. Bonanza Rd.

(702) 229-6309

MWF 9:00 a.m.-10:00 a.m.

(Ruby Ashcroft)

#### **Las Ventannas**

10401 W. Charleston Blvd.

(702) 278-1533

(Melanie Huntley)

Residents Only, Starts April

#### **Sun City MacDonald Ranch**

2020 Horizon Ridge Pkwy

(702) 270-7006

(Katrina Pahlmann)

Residents only Classes starting in May

#### **West Flamingo Senior Ctr**

(Corner of Jones & W. Flamingo)

6255 W. Flamingo Rd.

(702) 455-4192

MWF 8:00 a.m.-9:00 a.m.

(Amber Larsen)

#### **Whitney Ranch**

1575 Galleria Drive

(702) 267-5870

TTh 9:00 a.m.-10:00 a.m.

TTh 10:00 a.m.-11:00 a.m.

(Deep Water Class, Certified instructor in process)

TTh 11:00 a.m.-12:00 p.m.

Call for additional days and times

(Susan Anderson)

#### **YMCA-Centenal Hills Community Center**

6601 N. Buffalo Drive

(702) 478-9622

MW 1:30-2:30 pm

F 9:30-10:30 a.m.

\*Warm Water Class - certified instructor in process

#### **YMCA-Heinrich**

4141 Meadows Lane

(702) 877-9622

TTH 9:15 a.m.

Camilla Bradley

### MESQUITE

#### **City of Mesquite Recreation Center**

100 W. Old Mill Road

(702) 346-8732

TTh 9:00 a.m.-10:00 a.m.

(Maxine Shaw)

Classes October-April

For more information or questions about these programs, please call (702) 367-1626



# Arthritis Foundation Exercise Program<sup>SM</sup>

A land-based exercise program that provides gentle movements and activities to help increase joint mobility, muscle strength and stamina. The classes include stretching, strengthening, endurance and relaxation exercises.

*\*There may be a charge for classes or some sites may require membership. Please call site directly for details.*

## LAS VEGAS

### **Nellis Air Force Base**

Health Wellness Center  
4311 Carswell Dr. Bldg 340  
(702) 653-3375  
TTh 12:00 p.m.-1:00 p.m.  
(Gabriela Regino)

### **Pacific Pines**

132 E. Pacific Ave.  
(702) 437-0296  
Tues 2:00 p.m.-3:00 p.m.  
(Exclusive to residents)  
(Alta Rex)

### **Atria Seville**

2000 N. Rampart Blvd  
(702) 804-6800  
Mon thru Thurs 10:30 – 11:30 a.m.  
(Leona Taylor)

### **Atria Sunlake**

3250 S. Fort Apache Rd.  
(702) 256-6500  
Mon thru Sun 10:00 a.m.-11:00 a.m.  
(Bert Griffin)

### **Atria Sutton**

3185 E. Flamingo Rd.  
(702) 436-9000  
Mon thru Sun 10:30-11:30 a.m.  
(Madonna Cunningham)

### **Acacia Springs**

8630 W. Nevso Drive  
(702) 942-8700  
M-Th 10:00 a.m.-10:30 a.m.  
(Exclusive to residents)  
(Vicki Morales)

### **Destinations at Pebble**

1450 E. Pebble Rd  
(702) 260-4508  
M-10:00 a.m. TH 9:00 p.m.  
(Ashley Stokes)

### **Destinations at Winterhaven**

3300 Winterhaven St  
658-1481  
Tues 5:00 – 6:00 p.m. Sat 10:00-11:00 a.m.  
(Carol Hutchison)

## MESQUITE

### **City of Mesquite Recreation Center**

100 W. Old Mill Road  
(702) 346-8732  
MW 10:15 a.m.-11:00 a.m.  
(October-April)  
(Griesda Valkacar)

## PAHRUMP

### **First Move Fitness**

2271 East Commercial Ave.  
(775) 751-6683  
MWF 9:30 a.m.-10:30 a.m.  
TTh 10:00 a.m.-11:00 a.m.  
(Ginger Tyra)



Tai Chi is a system of movements from China that promote health and longevity for all ages. These exercises are easy and “joint safe” for people with arthritis.

## MESQUITE

### **Sun City Anthem**

1350 Flat Top Drive  
(702) 346-6005  
TTh 10:15 a.m.-11:00 a.m.  
(September-April)  
(Diane Corrigan)

