



The exercises taught in this class were developed by physical therapists specifically for people with arthritis or related conditions. This low-impact class, taught by Arthritis Foundation certified instructors, can be taken either sitting or standing. The exercises help relieve stiffness, gain strength and decrease arthritis pain.

ALLEGHENY COUNTY		
Amber Glen Assisted Living (residents only)	412-244-9901	www.junipercommunities.com
Atria South Hills	412-884-1200	www.atriaseniorliving.com
Bethel Park Retirement Residence (residents only)	412-833-3220	www.bethel-park.net
Hill House Senior Center	412-392-4450	www.hillhouse.org
Ingomar United Methodist Church/ Ministry Center	412-364-3613	www.ingomarumc.org
Panther Physical Therapy	724-443-8060	www.pantherpt.com
Trinity Lutheran Church	412-381-8300	N/A
Destination Wellness	724-274-5202	www.akmc-dw.com
Baptist Homes	412-563-6550	www.baptisthomes.org
BEAVER COUNTY		
Beaver County YMCA	724-891-8439	www.beavercountyyymca.org
Beaver County Office of Aging Center Township Senior Apartment	724-847-2262	www.bcoa.us
Beaver Meadows Assisted Living Community (residents only)	412-833-3220	www.bethel-park.net
Beaver Valley Nursing Rehab	724-846-8200	www.extendicareus.com
MRS Physical Therapy	724-728-7550	www.mrsphysicaltherapy.com
Baden Circle of Friends	724-869-4224	www.circleoffriendsbaden.org
Circle of Friends Beaver Falls Community Center	724-846-1959	www.circleoffriendsbaden.org
ERIE COUNTY		
Barber Institute	814-878-4071	www.drbarbercenter.org
Springhill	814-860-7015	www.springhillerie.org
YMCA of Greater Erie	814-899-9622	www.ymca.net
FAYETTE COUNTY		
Center for Fitness & Health	724-379-5100	www.mvhealthplex.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		
Whispering Oaks Retirement (residents only)	724-347-3050	www.holidaytouch.com
iXL Rehab and Fitness Center	724-662-1776	www.ixlcenter.com
Wade D Mertz Towers	724-347-2318	N/A
WARREN COUNTY		
Jeffereson Defrees Family Center	814-723-6350	http://www.jdfamilycenter.org
WASHINGTON COUNTY		
Monongahela Senior Center	724-258-9511	www.paseniorcenters.org
Char House	724-483-3597	www.sphs.org
Brookwood Center Adult Day Services	724-942-45111	www.westernpa.easterseals.com
Cameron Wellness	724-225-WELL	www.wrcameronwellness.org
Riverside Place	724-483-5800	N/A
WESTMORELAND COUNTY		
Westmoreland ARC	724-837-8159	www.arcwestmoreland.org
New Kensington Senior Center	724-335-8597	www.freewebs.com/akvsc
Kiski Valley Opportunities	724-567-7799	www.kvou.org
Caritas Christi Wellness Center	724-853-7948	N/A
APS Healthcare SWPA HCQU	724-864-0715	www.hcqu.apshealthcare.com