

EXERCISE

a program for better living



State-Wide Listing Michigan 2014



The Arthritis Foundation Exercise Program is a fun and invigorating recreational exercise program, led by specially certified instructors. For anyone who is limited by impaired joint motion and/or strength can benefit from its range of motion and muscle strengthening exercises.

The goal of the program is to:

- ✓ Increase joint flexibility
- ✓ Increase strength and endurance
- ✓ Decrease pain and stiffness
- ✓ Improve posture
- ✓ Improve performance in daily activities
- ✓ Enhance personal growth
- ✓ Promote a feeling of fun and well being
- ✓ And much, much more . . .

*Pre-registration is required. Please call individual sites for information on class schedules and costs. If you don't see your community listed, please call us for more information.
New classes are forming now!*

ARTHRITIS FOUNDATION EXERCISE CLASSES LISTED BY COUNTY:

ALPENA COUNTY

ALPENA

Alpena Senior Center
501 River Street
(989) 356-3585

BENZIE COUNTY

FRANKFORT

Betsie Hosick Health & Fitness Center
102 Airport Rd.
(231) 352-9661

Elizabeth Lane Oliver Center
111 10th St.
(231) 352-4151

CALHOUN COUNTY

BATTLE CREEK

Oaklawn Life Improvement Center
13697 15 Mile Rd.
(269) 781-7585

CHARLEVOIX COUNTY

BEAVER ISLAND

Beaver Island Senior Center
26215 Main Street
(231) 448-2022

CHARLEVOIX

Charlevoix Senior Center
06906 Norwood Rd.
(231) 547-5361

CHEBOYGAN COUNTY

CHEBOYGAN

Cheboygan County COA
Senior Center
1531 Sand Rd.
(231) 627-7234

EATON COUNTY

DIAMONDALE

Misty Cove Apartments
184 East Rd.
(517) 646-7992

EATON RAPIDS

Eaton Rapids Medical Center
1500 S. Main St.
(517) 663-9530

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EMMET COUNTY

BRUTUS

Huber Senior Center
6436 E. Brutus Rd.
(231) 347-3211

HARBOR SPRINGS

Perry Farm Village
4241 Village Circle
(231) 526-1500

Village of Hillside
311 W. Main St.
(231) 526-7108

PELLSTON

Pellston Friendship Center
6274 West Edgar St.
(231) 347-3211

PETOSKEY

Petoskey Friendship Center
1322 Anderson Road
(231) 347-3211
60+ PREFERRED, PLEASE

GENESEE COUNTY

BURTON

Burton Senior Center
G3410 S. Grand Traverse
(810) 744-0960
50+ ONLY, PLEASE

FLINT

Eastside Senior Center
3065 N. Genesee Rd.
(810) 250-5000

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

FLUSHING

Cedarwood Senior Apartments
1700 Cedarwood
RESIDENTS ONLY, PLEASE

GRAND BLANC

Grand Blanc Senior Center
12632 Pagels Dr.
(810) 695-3202

INGHAM COUNTY

HOLT

Holt Public Schools/
Hope Middle School
2020 Park Ln
(517) 694-3411

LANSING

Delta Enrichment Center
3131 West Michigan Ave.
(517) 484-5600

MASON

First United Methodist
Church of Mason
201 East Ash Street
(517) 676-9449

JACKSON COUNTY

JACKSON

Crouch Senior Center
1715 Lansing Ave.
(517) 788-4364

Spring Arbor Senior Center
122 Starr Rd.
(517) 750-1010

KALAMAZOO COUNTY

KALAMAZOO

Kalamazoo Senior Services
918 Jasper Street
(269) 382-0515

KENT COUNTY

BELMONT

Leisure Village
5305 Circle Dr.
(616) 874-1077

BYRON CENTER

Byron Center Manor
2115 84th Street SW
Residents Only Please

CALEDONIA

Caledonia Community Education
9749 Duncan Lake Ave. SE
(616) 891-8117

GRAND RAPIDS

Gaylord House Apartments
2765 Orange St.
(616) 233-0283

Grand Rapids Senior Neighbors
333 S Division, Ste 100
(616) 233-0283

New Community Church
2340 Dean Lake Ave.
(616) 361-6014

Plainfield Senior Center
5255 Grand River Dr. NE
(616) 365-6150

Salvation Army Senior Center
1235 E. Fulton
(616) 454-1459 x1504

Senior Neighbors
United Methodist Community House
904 Sheldon Ave.
(616) 233-0283

Side by Side- Hope Network
1256 Walker Ave. NW
(616) 235-2910

St. Peter and Paul School
1433 Hamilton
(616) 233-0283

LOWELL

Schneider Manor- Senior Neighbors
725 Bowes Rd.
(616) 233-0283

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SPARTA

Sparta Senior Neighbors Center
100 Ida Red
(616) 233-0283

WYOMING

Aurora Pond Retirement Community
2380 Aurora Pond Drive
(616) 530-2511

LEELANAW COUNTY

GLEN ARBOR

Glen Arbor Athletic Club
6363 Western Ave.
(231) 334-7007

MACOMB COUNTY

CLINTON TOWNSHIP

Clinton Township Senior Center
40700 Romeo Plank
(586) 286-9333

Gardens of Clinton
24500 Metropolitan Parkway
(586) 790-1100

L'Anse Creuse Wheeler Comm. Center
24076 F.V. Pankow Blvd.
(586) 783-6330

MT CLEMENS

Zion United Church of Christ
85 Market St.
(586) 463-0069

NEW BALTIMORE

St. Mary's Queen of Creation
50931 Maria
(586) 725-2441

ST. CLAIR SHORES

St. Clair Shores Adult Ed. Building
23055 Masonic
(586) 285-8880

STERLING HEIGHTS

Pine Ridge of Hayes
43707 Hayes Rd
RESIDENTS ONLY, PLEASE

Waltonwood Lakeside
14750 Lakeside Cir.
RESIDENTS ONLY, PLEASE

Warren Community Center
5460 Arden
(586) 268-8400

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

MECOSTA COUNTY

MECOSTA

Mecosta County COA
12954 80th Ave.
(231) 972-2884

Salvation Army Senior Center
325 Linden St.
(231) 796-5597

MONROE COUNTY

MONROE

Jefferson Recreation Center
5707 Williams Rd.
(734) 289-9001

MONTCALM COUNTY

CARSON CITY

Laurels of Carson City
620 N. Second St.
(989) 584-6100

GREENVILLE

Greenville Community Center
900 E. Kent
(616) 754-9163

LAKEVIEW

Kelsey Community Center
423 N. Lincoln
(989) 352-7510

STANTON

Montcalm County COA
613 N. State St.
(989) 831-7476

MUSKEGON COUNTY

MUSKEGON

Tanglewood Park, AgeWell Services
560 Seminole Rd.
(231) 733-8643

OAKLAND COUNTY

NOVI

Fox Run Village
41100 Fox Run Rd
RESIDENTS ONLY, PLEASE

PONTIAC

Village of Oakland Woods
420 S. Opdyke Rd.
RESIDENTS ONLY, PLEASE

SOUTHFIELD

Alzheimer's Association - Sakawa
20300 Civic Center Dr. Ste. 100
INDIVIDUALS W/ MEMORY DISORDER ONLY, PLEASE

TROY

American House Troy
2300 Grand Haven Dr.
(248) 721-8258

Faith Lutheran Church
37635 Dequindre Rd.
(248) 362-3266

WEST BLOOMFIELD

American House West Bloomfield
5859 W. Maple
(248) 538-5283

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OSCODA COUNTY

MIO

Oscoda County Council on Aging
429 North Mount Tom Road
(989) 826-3025

OTTAWA COUNTY

HOLLAND

Evergreen Commons
480 State St
(616) 355-5108

JENISON

Oak Crest of Jenison
8001 Cottonwood
(616) 457-9815

SAINT CLAIR COUNTY

FORT GRATIOT

Sanctuary at Mercy Village
4170 24th Ave
(810) 989-7446

SHIAWASSEE COUNTY

OWOSSO

Memorial Healthcare Center
Woodard Station
317 S. Elm St.
(989) 725-8136

ST. JOSEPH COUNTY

THREE RIVERS

St. Joseph County COA
103 S. Douglas Ave.
(269) 279-8083

WASHTENAW COUNTY

ANN ARBOR

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

WAYNE COUNTY

CANTON

Summit on the Park
46000 Summit Parkway
(734) 394-5460

DEARBORN

Henry Ford Village
15101 Ford Road
RESIDENTS ONLY, PLEASE

DETROIT

Alzheimer's Association- Comstock
66 Lothrop
*INDIVIDUALS W/ MEMORY
DISORDER ONLY, PLEASE*

St. Paul AME Zion Church
11359 Dexter Ave.
(313) 933-1823

FLAT ROCK

Bridgewater By DelWeb
24190 Bridgewater
RESIDENTS ONLY, PLEASE

GARDEN CITY

Maplewood Community Center
31735 Maplewood
(734) 793-1852

LIVONIA

Civic Park Senior Center
15218 Farmington Road
(734) 466-2555

St. Mary Mercy Hospital
36475 5 Mile Rd.
(734) 655-2451

PLYMOUTH CHARTER TWP

Sunrise Senior Living
16100 N. Haggerty Rd.
RESIDENTS ONLY, PLEASE

VAN BUREN TOWNSHIP

September Days Senior Center
46425 Tyler Road
(734) 699-8918

WESTLAND

Dyer Senior Center
36745 Marquette
(734) 419-2020

Westland Friendship Center
1119 N. Newbaugh
(734) 722-7628