

CLARK COUNTY:

New Carlisle Sports & Fitness Club

524 N. Dayton Lakeview Rd
New Carlisle, OH 45344
937-846-1000

Springfield YMCA

300 S. Limestone
Springfield, OH 45505
937-323-3781

Workout Warehouse

4841 Urbana Rd.
Springfield, OH 45502
937-342-1888

GREENE COUNTY:

Xenia YMCA

135 E Church Street
Xenia, OH 45385
937-376-9622

Fairborn YMCA

300 S. Central
Fairborn, OH 45324
937-754-9622

MIAMI COUNTY:

Rehabilitation Center

1306 Garbry
Piqua, OH 45356
937-773-7630

YMCA-Piqua Branch

223 W High
Piqua, OH 45356
937-773-9622

YMCA-Robinson Branch

3060 S. Co. Rd. 25-A
Troy, OH 45373
937-440-9622

MONTGOMERY COUNTY:

Beavercreek YMCA

560 Grange Hall Rd
Beavercreek, OH 45430
937-426-9622

S Community Family YMCA

4545 Marshall Rd
Kettering, OH 45429
937-434-1964

Huber Heights YMCA

7251 Shull Road
Huber Heights, OH 45424
937- 236-9622

Kingston of Miamisburg

1120 South Dunaway
Miamisburg, OH 45342
937- 866-9089

Kleptz YMCA

PO Box 38
1200 West National Road
Englewood, OH 45322
937-836-9622

Lohrey Center/Belmont Pool

2366 Glenarm Ave
Dayton, OH 45420
937-333-3128

Premier Ladies Fitness

5764 Old Troy Pike
Huber Heights, OH 45424
937-235-3160

Premier Ladies Fitness

3070 Woodman Drive
Kettering, OH 45420
937-293-6790

Franciscan Center at St. Leonard

8200 Provincial Way
Centerville, OH 45458
937-436-2203

Vandalia Recreation Center

1111 Stonequarry Rd.
Dayton, OH 45414
937-415-2340

Wash.Twnshp. Rec. Center

895 Miamisburg-Centerville Rd.
Centerville, OH 45459
937-433-0130

West Carrollton YMCA

900 S. Alex Road
West Carrollton, OH 45449
937-866-9622

SHELBY COUNTY:

Sidney-Shelby County YMCA

300 Parkwood St
Sidney, OH 45365
937-492-9134

WARREN COUNTY:

Coffman Family YMCA

88 Remick Blvd.
Springboro, OH 45066
937-886-9622

The Arthritis Foundation Aquatic Program is a warm-water exercise program shown to reduce pain and improve overall health. Designed to be a fun, safe way for people with arthritis to exercise and stay fit.

Suitable for every fitness level, the classes are held in a friendly and supportive environment that encourages social interaction among participants.

Benefits to You

The Aquatic Program will help you:

- Reduce pain
- Decrease feelings of isolation through social interaction
- Gain strength and flexibility
- Improve your day-to-day life

Individuals attending the classes have experienced:

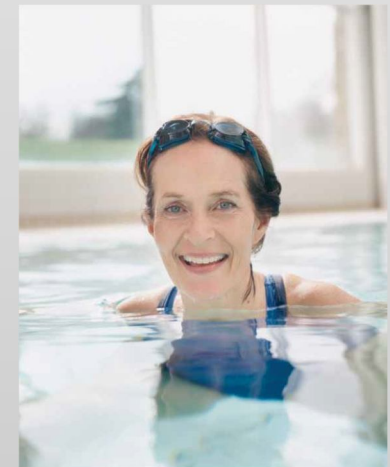
- Less pain
- Improved joint function
- Increased muscle strength
- Better perceived quality of life and well-being.

These programs are warm water range-of-motion exercises taught by instructors trained by the Arthritis Foundation. You do not need to know how to swim to participate in these classes. Costs vary by location, please call them. If you have questions about any program, please call 513-271-4545 or 1-800-383-6843. Also visit our web site at <http://www.arthritis.org>.



Arthritis Foundation

Aquatic Exercise Program



Dayton Locations

**Ohio River Valley
Great Lakes Region
800-383-6843
513-271-4545**

