

Arthritis Foundation Programs for Better Living Franklin County

The Programs for Better Living consist of the Arthritis Foundation Aquatic Program, Exercise Program, and Tai Chi Program. All classes are led by Arthritis Foundation-certified instructors.

NORTHWEST

***Aquatic Program**
McConnell Heart Health Center
3773 Olentangy River Road
Columbus, OH 43214
(614) 566-3833

***Aquatic Program**
Premier at Sawmill Athletic Club
3111 Hayden Rd
Columbus, OH 43235
(614) 336-2582

***Aquatic Program**
Trillium Place Independent
Assisted Living Facility
3500 Trillium Crossing
Columbus, OH 43235
(614) 923-3446

***Aquatic Program**
Victory Fitness Centers
50 Graceland Blvd.
Columbus, OH 43214
(614) 785-1577
Women Only

***Aquatic Program**
Worthington Rec. Center
360 Highland Ave.
Worthington, OH 43085
(614) 436-2743

*****Aquatic & Tai Chi Program**
Wesley Glen
5155 N. High St.
Worthington, OH 43214
(614) 436-2743

*****Tai Chi Program**
Griswold Center
777 N. High St.
Columbus, OH 43085
(614) 842-6320

*****Tai Chi Program**
Humana Guidance Center
2025 W. Henderson Rd.
Upper Arlington, OH 43220
(614) 538-3000

CENTRAL

***Aquatic Program**
West Central School
1481 W. Town St.
Columbus, OH 43222
(614) 276-8231

***Aquatic Program**
YMCA - Valleyview
2879 Valleyview Dr.
Columbus, OH 43204
(614) 276-8224

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

***Aquatic Program**
YMCA - Central Branch
40 W. Long St.
Columbus, OH 43215
(614) 224-1131 ext. 284

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

****Land-Based Exercise**
Trinity Baptist Church
461 St Clair Ave.
Columbus, OH 43203
(614) 519-8178

****Land-Based Exercise**
Carrie's Café
670 Harmon Ave
Columbus, OH 43223
(614) 437-2997

*****Aquatic & Tai Chi Program**
YMCA - Eldon W. Ward Branch
130 Woodland Ave.
Columbus, OH 43203
(614) 252-3166

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

*****Tai Chi Program**
Chinese Martial Arts Center
1188 Chesapeake Ave.
Columbus, OH 43212
(614) 481-4088 or (614) 596-5665

*****Tai Chi Program**
Shift
1520 W. First Ave.
Gradnview, OH 43212
(614) 407-4668

WEST

***Aquatic Program**
Victory Fitness
3427 South Boulevard
Columbus, OH 43204
(614) 351-1717

*Silver Sneakers/Silver & Fit
**Discount for 62+ (25%)

****Land-Based Exercise**
Powershock Fitness
3600 Fishinger Boulevard
Hilliard, OH 43026-9203
(614) 771-7939

****Land-Based Exercise**
Hilltop Senior Village
374 Alberty Trail
Columbus, OH 43228
(614) 437-2997

***Aquatic Program**
YMCA - Cherry Creek
600 Fox Ridge St
Columbus, OH 43228
(614) 878-7269

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

***Aquatic Program**
YMCA - Hilliard
4515 Cosgray Rd.
Hilliard, OH 43026
(614) 334-9622

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

SOUTHWEST

***Aquatic Program**
YMCA - Grove City Branch
3600 Discovery Dr.
Grove City, OH 43123
(614) 871-9622

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

****Land-Based Exercise**
Amazing Grace Christian Church
2255 Quail Creek Blvd.
Grove City, OH 43123
(614) 875-9003

******Aquatic Program, Tai Chi & Land-Based Exercise**
YMCA - SW Comm. Ctr.
3500 First Ave.
Urbancrest, OH 43123
(614) 875-1456
*Fellowship based off household income
**Silver Sneakers/Silver & Fit

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NORTHEAST

***Aquatic Program**
NovaCare Outpatient Rehab
6021 Cleveland Ave.
Columbus, OH 43231

****Land-Based Exercise**
Corban Commons
3426 Agler Rd.
Columbus, OH 43219
(614) 337-1577

****Land-Based Exercise**
Harris-Askins House
200 S. State St.
Westerville, OH 43081
(614) 899-1997

***Aquatic Program**
YMCA – Gahanna
555 YMCA Place
Gahanna, OH 43230
(614) 416-9622

***Aquatic Program**
YMCA – North Branch
1640 Sandalwood Place
Columbus, OH 43229
(614) 885-4252

***Aquatic Program**
Westerville Community Center
350 N. Cleveland Ave.
Westerville, OH 43082
(614) 901-6500

****Land-Based Exercise**
Gillie Senior Recreation Center
2100 Morse Rd.
Columbus, OH 43229
(614) 540-9997

EAST

***Aquatic Program**
**Yassenoff Jewish
Community Center**
1125 College Ave
Columbus, OH 43209
(614) 231-2731

***Aquatic Program**
Wyandotte Athletic Club
5198 Riding Club Lane
Columbus, OH 43213
(614) 861-6303

***Aquatic Program**
Victory Fitness Centers
3981 East Broad St.
Columbus, OH 43213
(614) 236-1440
Women Only

***Aquatic Program**
NovaCare Outpatient Rehab
6465 E. Broad St. #B
Columbus, OH 43213
(614) 864-1089

****Land-Based Exercise**
Reynoldsburg Senior Center
1520 Davidson Dr.
Reynoldsburg, OH 43068
(614) 866-5890

*****Tai Chi Program**
Wesley Ridge
2225 Taylor Park Dr.
Reynoldsburg, OH 43068
(614) 866-5890

SOUTHEAST

***Aquatic Program**
Groveport Recreation Center
7370 Groveport Road
Groveport, Ohio 43125

***Aquatic Program**
YMCA Jerry L. Garver
6767 Refugee Rd
Canal Winchester, OH 43110
(614) 834-9622

*Fellowship based off household income
**Silver Sneakers/Silver & Fit

****Land-Based Exercise**
Marion Franklin Community Center
2801 Lockbourne Rd.
Columbus, OH 43207
(614) 645-3612

For more information about our exercise programs or for locations outside Franklin County, please contact the Arthritis Foundation Central Ohio Office at (614) 503-5589 or cparsons@arthritis.org.

This list was last updated February, 2013.