



These low impact, joint-safe exercise programs help relieve pain, build strength, and increase flexibility. 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 Program**
YMCA – Hilliard
4515 Cosgray Rd.
Hilliard, OH 43026
(614) 334-9622

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

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

DOWNTOWN

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

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

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

****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

*****Tai Chi Program**
Martin Janis Center
1111 East Broad St
Columbus, OH 43205
(614) 645-5954

*****Tai Chi Program**
Dodge Recreation Center
667 Sullivant Ave.
Columbus, OH 43215
(614) 645-8151

WEST

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

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

****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

SOUTHWEST

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

****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



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NORTHEAST

***Aquatic Program**
NovaCare Outpatient Rehab
6021 Cleveland Ave.
Columbus, OH 43231
(614) 895-1090

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

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

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

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

***Aquatic Program**
**Cardinal Orthopedic
Institute**
170 Taylor Station Rd.
Columbus, OH 43213
(614) 545-7900

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

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

SOUTHEAST

***Aquatic Program**
Groveport Recreation Center
7370 Groveport Road
Groveport, Ohio 43125
(614) 836-1000

****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 (888) 382-4673 or mpatten@arthritis.org.
This list was last updated June, 2012.