

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 . . .**

Please call individual sites for information on class schedules and costs.

ARTHRITIS FOUNDATION EXERCISE CLASSES LISTED BY COUNTY:

MACOMB COUNTY

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

Village of East Harbor
33875 Kiely

RESIDENTS ONLY, PLEASE

ST. CLAIR SHORES

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

WARREN

Warren Community Center
5460 Arden
(586) 268-8400

MONROE COUNTY

MONROE

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

OAKLAND COUNTY

AUBURN HILLS

Auburn Hills Community Center
1827 N. Squirrel Rd.
(248) 364-9796

COMMERCE TOWNSHIP

Richardson Community Center
1485 Oakley Park Rd.
(248) 926-0063

NOVI

Fox Run Village
41100 Fox Run Rd
RESIDENTS ONLY, PLEASE

WEST BLOOMFIELD

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

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SAINT CLAIR COUNTY

PORT HURON

Blue Water Area YMCA
1525 3rd Street
(810) 987-6400

Port Huron City Recreation Dept.
2829 Armour St.
(810) 650-7676

WASHTENAW COUNTY

ANN ARBOR

Health & Fitness Center at WCC
4833 E. Huron River Dr.
(734) 975-3301

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

CHELSEA

Chelsea Wellness Center
14800 E. Old Highway 12
(734) 214-0220

DEXTER

Dexter Wellness Center
2810 Baker
(734) 580-2500

MANCHESTER

Manchester Wellness Center
710 East Main Street
(734) 214-0227