

**Arthritis Foundation®** | **ARTHRITIS FOUNDATION®**  
**Life Improvement Series** | **Take Control. We Can Help.™**

*GEORGIA CHAPTER*

*Classes are subject to change. Contact the facility for rates and schedules.*

All Programs in the Life Improvement Series are led by certified Arthritis Foundation instructors.



**Arthritis Foundation Aquatic Program™**

Gentle movements in a heated pool help relieve arthritis pain and stiffness, while increasing joint flexibility and range of motion.



**Arthritis Foundation Exercise Program™**

Low-impact, joint safe exercise program that helps decrease arthritis pain and reduce stiffness.



**Arthritis Foundation Self-Help Program™**

Developed at Stanford University, this program teaches the knowledge and skills needed to better manage arthritis.



**Arthritis Foundation Tai Chi Program™**

The smooth, serene and gentle movement of Sun-style tai chi promotes mental and physical strength, stamina and flexibility. Suitable for all fitness levels, this program will reduce arthritis pain and help you stay fit.

**BIBB:**

H2U (Matthews Fitness Center)  
 Wesleyan College  
 478.757.3775  
 4760 Forsyth Rd. Macon, 31210  
**Aquatics**

Plantation Suites of  
 Baptist Village  
 478.405.6325  
 6000 Plantation Way. Macon,31210  
**Exercise**

**Arthritis Foundation,  
 Georgia Chapter**  
 2970 Peachtree Rd, NW Suite  
 200  
 Atlanta, GA 30305

Phone: 800-933-7023  
 Fax: 404-237-8153  
 Email: [info.ga@arthritis.org](mailto:info.ga@arthritis.org)

**BULLOCH:**

Splash in the Boro  
 912.489.9051  
 1388 Hwy 24 E. Statesboro 30459  
**Aquatics**

**CARROLL:**

Sportplex  
 770.832.1491  
 106 Somerset Place.Carrollton, 30117  
**Aquatics**

Club Fitness  
 770.830.6900  
 830 Maple Street Carrollton, 30117  
**Aquatics**

**CATOOSA:**

North Georgia Healthcare Center  
 706.935.6442  
 6120 Alabama Hwy. Ringgold 30736  
**Aquatics, Exercise, Self-Help**

**CHATHAM:**

Chatham Co.Aquatic Center  
 912.652.6793  
 7240 Sallie Mood Drive. Savannah 31406  
**Aquatics**

**CHEROKEE:**

Synergist Fitness Inc  
 770.516.1661  
 9766 Hwy 92.Suite 100 Woodstock 30188  
**Exercise, Tai Chi**

**CLARKE:**

Athens Regional Medical Center  
706.475.5267  
1199 Prince Ave. Athens 30606  
**Aquatics, Exercise, Tai Chi**

Athens YWCO  
706.354.7880  
562 Research Drive. Athens 30605  
**Aquatics**

Warren Baptist Church  
706.860.1586  
3203 Washington Rd. Augusta 30907  
**Self Help**

**CLAYTON:**

Charley Griswell Senior Center  
770.477.3499  
2300 Hwy 138 SE. Jonesboro 30236  
**Aquatics, Exercise**

Frank Bailey Senior Center  
678.479.5505  
6213 Riverdale Road. Riverdale 30274  
**Aquatics, Exercise, Self-Help**

Steve Lundquist Aquatic Center  
678.479.5136  
9045 Tara Blvd. Jonesboro 30236  
**Aquatics**

**COBB:**

Core Bodyworks  
770.792.7245  
4358 A-Southside Dr. Acworth 30301  
**Tai Chi**

Wellstar Health Place- Kennestone  
770.793.7313  
330 Kennestone Hosiptal Blvd. Marietta 30060  
**Aquatics**

Wellstar Health Place-Windy Hill  
770.664.1000  
2540 Windy Hill Rd, Marietta 30067  
**Aquatics**

McClesky- East Cobb YMCA  
770.977.5991  
1055 East Piedmont Road, Marietta 30062  
**Aquatics**

**COLUMBUS:**

Hughston Health & Wellness  
706.494.3441  
6262 Veteran Pkwy. Columbus 31908  
**Aquatics, Exercise, Tai Chi**

Reaching Out Adult Day Services  
706.507.0448  
122 Enterprise Ct. Columbus 31904  
**Exercise**

**COLUMBUS-MUSCOGEE:**

St. Anne Church  
706.561.8678  
2000 Kay Circle. Columbus 31907  
**Tai Chi**

**DEKALB:**

Dynamo Swim center  
770.457.7946  
3119 Shallowford Rd. Chamblee 30341  
**Aquatics**

Lou Walker Senior Facility  
770.322.2916  
2538 Panola Rd. Lithonia 30058  
**Aquatics**

Senior Connections \_ North Dekalb Sr Cntr  
770.455.7602  
5238 Peachtree Rd. Chamblee 30341  
**Exercise**

Decatur-Dekalb YMCA  
404.377.9622  
1100 Clairemont. Decatur 30030  
**Tai Chi**

**FAYETTE:**

Azalea Estates Assisted Living  
770.461.0039  
105 Autumn Glen Cir. Fayetteville 30215  
**Aquatics**

Fayette Senior Center Services  
770.461.0813  
4 Center Dr. Fayetteville 30214  
**Exercise**

The Gathering Place  
770.631.2553  
203 McIntosh Trl. Peachtree City 30269  
**Tai Chi, Exercise**

**FLOYD:**

Rome YMCA  
706.232.2468  
810 E 2nd Ave. Rome 30161  
**Aquatics**

**FULTON:**

All Saints Catholic Church  
770.393.3255  
2443 Mt. Vernon Rd. Dunwoody 30338  
**Exercise**

Carl Sanders Family YMCA  
404.350.9292  
1160 Moores Mill Rd. Atlanta 30327  
**Exercise, Tai Chi**

Helene S. Mills Senior Multipurpose Facility  
404.523.3353  
515 J. Wesley Dobbs Ave. Atlanta 30312  
**Aquatics**

Piedmont Health & Fitness Club  
404.605.1967  
2001 Peachtree Rd NE Ste. 100 Atlanta 30309  
**Aquatics, Exercise**

Georgia Institute of Technology  
404.385.3107  
750 First Drive. Atlanta 30332  
**Tai Chi**

**GLYNN:**

Southeast Georgia Health Systems  
912.466.1100  
2415 Parkwood Dr. Brunswick 31520  
**Exercise**

**GWINNETT:**

Lawrenceville Senior Center  
770.822.5180  
225 Benson St. L'ville 30045  
**Exercise**

Sportheapy- Gwinnett  
770.962.2228  
965 Oakland Rd. L'ville 30044  
**Aquatics, Exercise**

**HARRIS:**

Mountain Hill Schoolhouse Fnd  
706.324.7515 / 706.596.0155  
47 Mountain Hill Rd. Fortson 31808  
**Exercise, Tai Chi**

**FORSYTH:**

Forsyth Family YMCA  
678.341.6245  
6050 Y St. Cumming 30040  
**Exercise, Tai Chi**

Dorothy Benson Multipurpose Facility  
404.705.4900  
6500 Vernon Woods Dr. Sandy Springs 30328  
**Aquatics**

H.J.C Bowden Sr Multipurpose Facility  
404.762.4821  
2885 Church St. East Point 30344  
**Aquatics**

Highland Athletic Club  
404.265.4759  
261 Parkway Dr. Atlanta 30312  
**Aquatics**

Somerby of Alpharetta  
770.650.9577  
100 Somerby Dr. Alpharetta 30009  
**Aquatics**

Harriet G. Darnell Senior Center  
404.699.8582  
677 Fairburn Rd. NW Atlanta 30331  
**Aquatics**

Mountain Park Aquatic Center  
770.564.4650  
1063 Rockbridge Rd. Stone Mountain 30087  
**Aquatics**

**HENRY:**

Heritage Senior center  
770.288.7001  
1050 Florence McGarity Blvd. McDonough 30252  
*Exercise*

Hidden Valley Senior Center  
770.288.7002  
600 Spraggins Memorial Pkwy. Stockbridge 30281  
*Exercise*

**HOUSTON:**

The Cantrell Center  
478.953.3535  
405 Osigan Blvd. #1 Warner Robins 31088  
*Aquatics*

**LOWNDES:**

South Georgia Medical Center  
229.245.6211  
2501 N. Patterson St. Valdosta 31602  
*Exercise*

My Friend's House  
229.293.6146  
109 W. Moore St. Valdosta 31698  
*Exercise*

**MORGAN:**

Morgan Co. Park & Rec  
706.342.0588  
1253 College Dr. Madison 30650  
*Aquatics*

**ROCKDALE:**

Olivia Haydel Senior Center  
770.922.4633  
1240 Dogwood Dr SW. Conyers 30012  
*Exercise*

**TOOMBS:**

Meadows Wellness Center  
912.277.2033  
101 Harris Industrial Blvd. Vidalia 30474  
*Aquatics*

**UNION:**

Union Co. Senior Center  
706.439.6105  
474 Meeks Ave. Blairsville 30512  
*Tai Chi*

**WARE:**

YMCA of Waycross  
912.285.8660  
1634 Plant Ave. Waycross 31501  
*Aquatics*