

PT. RICHMOND	Body Wisdom Studio 1160 Brickyard Cove Road	415-232-4566
REDWOOD CITY	Redwood City Parks, Recreation & Community Services 1455 Madison Avenue	650-780-7270
SAN FRANCISCO	Shih Yu-Lang Central YMCA 220 Golden Gate Avenue	415-885-0460
SAN FRANCISCO	Aquatic Park Senior Center 890 Beach Street	415-923-4482
SAN FRANCISCO	Presidio Gate Apartments 2770 Lombard Street	415-567-1050
SAN JOSÉ	Atria Senior Living-Willow Glen 1660 Gaton Drive	408-266-1660
SAN JOSÉ	Indian Health Ctr. of Santa Clara Valley 602 E. Santa Clara Street	408-445-3400
SAN LEANDRO	Marina Community Center 15301 Wicks Boulevard	510-577-6080
SAN MATEO	Atria Senior Living-Hillsdale 2883 S. Norfolk Street	650-378-3000
SAN MATEO	Mills Health Center 100 S. San Mateo Drive	650-696-4609
SAN MATEO	Peninsula Family YMCA 1877 S. Grant Street	650-286-9622
SANTA ROSA	Sonoma County Family YMCA 1111 College Avenue	707-545-9622
SANTA ROSA	Jennings Court 1080 Jennings Avenue	707-527-5421
SARATOGA	Southwest YMCA 13500 Quito Road	408-868-1257
SARATOGA	Saratoga Senior Center 19655 Allendale Avenue	408-368-1263
WATSONVILLE	Spa Fitness 25 Penny Lane	831-722-3895
WINDSOR	Town of Windsor Senior Center 9231 Foxwood Drive	707-285-1992



*Check inside to
find convenient
Life Improvement
Series locations.*

Arthritis Foundation Life Improvement Series

The Arthritis Foundation Life Improvement Series includes health education and fitness programs to help you take control.

These programs were developed specifically for people with arthritis, are doctor-recommended, and are led by certified instructors.

The **Arthritis Foundation Aquatic Program** and **Arthritis Foundation Exercise Program** are offered at multiple Northern California locations.

Always check with your doctor before starting any physical activity program.

Arthritis Foundation **Aquatic Program** incorporates the buoyancy of water and the soothing warmth of a heated pool to create a safe, ideal environment for the relief of arthritis pain and stiffness. The ability to swim is not a requirement for participation.

Arthritis Foundation **Exercise Program** is a low-impact class which can be taken sitting down or standing up. The gentle, joint-safe exercises help relieve stiffness and decrease arthritis pain.



Arthritis Foundation
Northern California Chapter
657 Mission Street, Suite 603
San Francisco, CA 94105-4120

Arthritis Foundation **Aquatic Program**

ANTIOCH	In-Shape Health Club 4099 Lone Tree Way	925-331-3065	PLEASANT HILL	Mount Diablo Adult School 1 Santa Barbara Road	925-685-7340
BERKELEY	Downtown Berkeley YMCA 2001 Alston Way	510-848-9622	PLEASANT HILL	Irwin Deutscher Family YMCA 350 Civic Drive	925-687-8900
BRENTWOOD	In-Shape Health Club 180 Griffith Lane	925-513-8700	PLEASANTON	Physical Therapy Specialties 3908 Valley Avenue	925-417-8005
CUPERTINO	Northwest YMCA 20803 Alves Drive	408-257-7160	REDWOOD CITY	Redwood City Parks, Recreation & Community Services 1455 Madison Avenue	650-780-7270
FORT BRAGG	Redwood Health Club 401 Cypress Street	707-964-6336	REDWOOD CITY	Sequoia YMCA 1445 Hudson Street	650-368-4168
GILROY	Gilroy Health & Fitness 8540 Church Street	408-848-1234	SAN FRANCISCO	UCSF Bakar Fitness & Recreation Center 1675 Owens Street	415-514-4545
LIVERMORE	Lifestyle Rx @ Valley Care Hospital 1119 Stanley Boulevard	925-454-6342	SAN FRANCISCO	Janet Pomeroy Center-Herbst Pool 207 Skyline Boulevard	415-665-4100
LOS GATOS	Vasona Creek Healthcare Center 16412 Los Gatos Boulevard	408-356-2191	SAN JOSÉ	East Valley YMCA 1975 S. White Road	408-715-6500
MILPITAS	Milpitas Sports Center 1325 E. Calaveras Boulevard	408-586-3225	SAN LEANDRO	City of San Leandro, Boys & Girls Club 401 Marina Boulevard	510-483-0832
MONTEREY	Josephine Kernes Memorial Pool 15 Portola Avenue	831-372-1240	SAN MATEO	Peninsula Family YMCA 1877 S. Grant Street	650-286-9622
NAPA	Queen of the Valley Hospital Wellness Center, 1000 Trancas Street	707-252-4411	SAN MATEO	Mills Health Center 100 S. San Mateo Drive	650-696-4609
NEWARK	Silliman Activity & Family Aquatic Ctr. 6800 Mowry Avenue	510-578-4620	SANTA CLARA	Santa Clara Adult Education Center 1840 Benton Street	408-423-3500
OAKLAND	Downtown Oakland YMCA 2350 Broadway	510-451-9622	SANTA ROSA	Sonoma County Family YMCA 1111 College Avenue	707-545-9622
PALO ALTO	Abilities United, Betty Wright Swim Ctr. 3864 Middlefield Road	650-494-1480	SARATOGA	Southwest YMCA 13500 Quito Road	408-370-1877

Arthritis Foundation **Exercise Program**

Exercise Program locations continued on back panel >>

ANTIOCH	The Commons at Dallas Ranch 4751 Dallas Ranch Road	925-754-7772	FREMONT	Washington Hospital Women's Center 2500 Mowry Avenue	510-608-1301
ANTIOCH	Antioch Adult Education 820 W. 2nd Street	925-706-5365	GILROY	Gilroy Health & Fitness 8540 Church Street	408-848-1234
BRENTWOOD	Liberty Union Adult Education 929 2nd Street	925-634-2565	MORGAN HILL	Centennial Recreation Center 171 W. Edmudson Avenue	408-782-2128
CAPITOLA	Spa Fitness 1100-1200 41st Ave. & 816 Bay Ave.	831-476-7373	OAKLAND	BACS Adult Daycare Services 5714 Martin Luther King Jr Way	510-601-1074
CORTE MADERA	Àegis of Corte Madera 5555 Paradise Drive	415-927-4200	OAKLAND	Oak Center Towers 1515 Market Street	510-465-1166
CUPERTINO	Northwest YMCA 20803 Alves Drive	408-257-7160	OAKLAND	Downtown Oakland YMCA 2350 Broadway	510-451-9622
FORT BRAGG	Redwood Health Club 401 Cypress Street	707-964-6336	OAKLAND	Sojourner Truth Manor 6015 Martin Luther King Jr Way	510-655-8823