

## Arthritis, P.A.C.E.

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

All ages

Family

No

Intake Process

Please call for more information.

Report Problems

Call the Agency

Self Refer

Yes

Staunton Augusta YMCA

<https://www.saymca.org>

<https://www.facebook.com/SAYMCAPrograms/>

<https://twitter.com/saymca1>

Main

(540) 885-8089

708 North Coalter Street

24401 VA

United States

Monday: Closed

Tuesday: 11:15 am-11:45 am

Wednesday: Closed

Thursday: 11:15 am-11:45 am

Friday: Closed

Saturday: 11:15 am-11:45 am

Sunday: Closed

Fee Structure

Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

,  
Sign Language

People With Arthritis Can Exercise (P.A.C.E.) This program is offered to those individuals suffering with Arthritis or limited range of motion. Exercises are done in or with the assistance of a chair. Special props are used for exercise and assistance. Call for class information. Participant must be able to independently get down and up from the chair and positions.

Y members are not charged; non-members can \$36 for 8 classes or \$45 for 12 classes. Come to the Y to sign up.

Several weeks may be required to process the Y Scholarships. Some staff members do Sign Language.

Service Area(s)  
Augusta County  
,  
Staunton City  
,  
Waynesboro City