

## Arthritis Exercises

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Individuals with joint pain, arthritis, Parkinson's Disease or similar condition

Family

No

Intake Contact Email

rfwilkinson@peninsulaymca.org

Intake Process

Register

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

R.F. Wilkinson Family YMCA

<https://ymcavp.org/locations/rf-wilkinson/>

<https://ymcavp.org/locations/rf-wilkinson/schedules/>

Main

(757) 229-9622

301 Sentara Circle

23188 VA

United States

Monday: 5:30 am-9:00 am

Tuesday: 5:30 am-9:00 am

Wednesday: 5:30 am-9:00 am

Thursday: 5:30 am-9:00 am

Friday: 5:30 am-8:00 am

Saturday: 6:00 am-4:00 pm

Sunday: Closed

## Additional Availability Comments

Call for class day and time

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

R..F. Wilkinson Family YMCA offers an exercise program designed specifically for people with arthritis. It uses gentle activities to help increase joint flexibility and range of motion and to maintain muscle strength. Exercises may be done while sitting, standing or on the floor. Class instructors undergo special training by the Arthritis Foundation.

Also offers an aquatic exercise program that allows exercise without putting excess strain on joints and muscles. The gentle activities in warm water help participants gain strength and flexibility and enjoy decreased pain and stiffness. Class instructors undergo special training by the Arthritis Foundation.

Please call for more information. Classes are offered periodically.

Service Area(s)

James City County

,

Williamsburg City

Email

[rfwilkinson@ymcavp.org](mailto:rfwilkinson@ymcavp.org)