

LOCAL POOLS AND CLASSES OFFERED

Location	Pool Class Offered
Highland, California	
YMCA Highland in assoc. with Senior Ctr. 7793 Central Avenue Highland, CA 92346 909-862-8104 Highland Senior Center - 909-864-8296	Arthritis Foundation Aquatic Program M – F 10:30 a.m. Cost: Free but must have current membership with Highland Senior Center \$25 / Year.
LA Fitness 28015 Greenspot Road Highland, CA 92346 909-742-5131	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
Redlands, California	
YMCA Redlands 500 East Citrus Avenue Redlands, CA 92373 909-798-9622	Several class times, call for schedule. Cost: Call for details. If in conjunction with Silver Sneakers selected senior health plans may cover the cost of your membership.
Plymouth Village 900 Salem Drive Redlands, CA 92373 909-793-1233	Arthritis Foundation Aquatic Program T/Th 8:30 a.m. Cost: Residents ONLY – seasonal outdoor pool
LA Fitness 1035 Parkford Drive Redlands, CA 92374 (909) 798-2880	Aqua Fit – call for class times. Cost: Free to members, non-members \$15.00 day use.
Loma Linda, California	
Drayson Center 25040 Stewart Street Loma Linda, California 92354 909-558-4975 Membership /Wellness Information (909) 558-4275	Several class times, call for schedule. Cost: <55 years of age monthly membership = \$50 >55 years of age monthly membership = \$18 >80 years of age monthly membership = free Non-members can have day use of pool and aquatic program for \$5.00 but must be accompanied by a current member of the Drayson Center.
San Bernardino, California	
Bally's Total Fitness 784 East Hospitality Lane San Bernardino, CA 92408 909-381-6800	Outdoor heated pool. Aquatic classes only offered during the summer. Cost: Must be a member. Membership rates vary.
Center for Individual Development 8088 Palm Lane San Bernardino, CA 92410 909-384-5426	Arthritis Foundation Aquatic Program M/T/W/F 2:45 to 4:45 p.m. (group) W/T/W/F 3:45 p.m. Cost: Suggested donation of \$15 / month for residents of City of San Bernardino; \$16.50 for non-City residents.
YMCA San Bernardino 808 E. 21 st Street San Bernardino, CA 92404 909-881-9622	Arthritis Foundation Aquatic Program M/W/F 11:00 a.m. to noon. Cost: Call for details. If in conjunction with Silver Sneakers selected senior health plans may cover the cost of your membership.
Moreno Valley, California	
LA Fitness (Moreno Valley) 2600 Canyon Springs Parkway Riverside, CA 92507 951-653-3240	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
Riverside, California	
YMCA – Riverside 4020 Jefferson Street Riverside, CA 92504 951-689-9622	Arthritis Foundation Aquatic Program Several class times, call for schedule. Cost: Members are free; non-members \$45 annual fee + \$47 / month.

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Riverside, California	
YWCA – Riverside 8172 Magnolia Avenue Riverside, CA 92504 951-687-9922	Arthritis Foundation Aquatic Program Several class times, call for schedule. Cost: Members are free; non-members \$43 – \$50 / month.
LA Fitness (Arlington Ave & 91 FWY) 3437 Arlington Avenue Riverside, CA 92506 951-231-2088	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
LA Fitness (Riverside) 19531 Mission Village Drive Riverside, CA 92508 951-780-4838	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
Bally’s Total Fitness 3490 Madison Street Riverside, CA 92504 951-687-2991	Several class times, call for schedule. Cost: Must be a member. Membership rates vary.
Fontana, California	
LA Fitness 16289 Sierra Lakes Parkway Fontana, CA 92336 909-743-5922	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
Hemet, California	
LA Fitness 220 N. Sanderson Ave. Hemet, CA 92545 951-663-4786	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
San Jacinto, California	
Powerhouse Gym 1635 S. San Jacinto Avenue San Jacinto, CA 92583 951-487-0725	Arthritis Foundation Aquatic Program M/W/F 3:00 p.m. Cost: \$3 per class non-member; members are free.
Sun City, California	
Menifee Valley Athletic Club 29700 Bradley Road Sun City, CA 92587 951-246-3530	Arthritis Foundation Aquatic Program Several class times, call for schedule. Cost: Membership required
Norco, California	
LA Fitness 1377 Hamner Avenue Norco, CA 92860 951-280-4477	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
Corona, California	
LA Fitness 2355 Comptom Avenue South Corona, CA 92881 951-898-1178	Aqua Fit – Several class times, call for schedule. Cost: Free to members, non-members \$15.00 day use.
Rancho Physical Therapy 886 Magnolia Avenue Corona, CA 951-340-3402 Bilingual (English and Spanish) Classess offered	Arthritis Foundation Aquatic Program T/Th 11:00 a.m., 1:00 p.m. F 12:00 p.m. Cost: \$5 per class. Must have a note of medical clearance from your physician to participate. Class size is limited, so reservations are recommended.