

Health & Wellness Programs for Age 60+



AQUATIC ARTHRITIS CLASSES

The 8-Week course starts May 1st and runs through June 19th 2026, every Friday from 10-10.45 1st class 11-11.45 2nd class at Richard G Snyder YMCA, 1150 North Water Street, Kittanning.

This low impact class will help you to increase joint range of motion, build muscle strength, and reduce pain and stiffness through a series of exercises. Classes are held in the warm water pool. Must be 60 or older

Pre-registration is required and class limit is 16 people. Please call the YMCA @ 724-545-9622 on or before April 28th to pre-register. Or call Charlotte at the Area on Aging. 724-548-3291

For information on this workshop and/or other Health Programs, please call 724-548-3290 or Charlotte @ 724-548-3291

Sponsored by Armstrong County Area Agency
on Aging and PA Department of Aging

