



Henderson County Family YMCA

Arthritis Class

Classes held in the Preston Foundation Warm Therapy Pool.

These classes are specifically designed for those individuals with mild to severe arthritis or fibromyalgia. Classes work on basic mobility, stretching, toning, and strength improvement. Classes are ongoing each month. No need to sign up or register. Just show up and participate.

Monday Wednesday Friday 7:00am-8:00am and 9:00am-10:00am

Monday and Wednesday 6:00pm-7:00pm

Classes are free and open to all Henderson County Family YMCA members.

For more information please contact the YMCA or the Aquatics Director, Katharine Hill at 270-827-9622.

Y Mission: To put Christian principles into practice through programs, facilities and services that help build a healthy spirit, mind and body for all.