

## Health and Fitness

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

50 and older

Family

No

Intake Contact Email

margaret@seniorcenterinc.org

Intake Process

Call 434-974-7756 for more information. Or visit website for list of days and times of programs.

Self Refer

Yes

The Center

<https://thecentercville.org>

<https://thecentercville.org/programs/detail/category/health-and-fitness>

Main

(434) 974-7756

491 Hillsdale Drive

22901 VA

United States

Languages Spoken

English

The Center (formerly Senior Center, Inc) offers health and fitness program to include aerobic dance, Arthritis Foundation Land Exercise, ballroom dancing, bowling club, chair and gentle yoga, Charlottesville International Folk Dance, hiking on Mondays and Wednesdays, walking at Fashion Square

The Aerobics Class meets weekly, multiple times a week. It includes low-impact aerobics and body toning and stretching exercises. You may join at any time. There is a cost for members as well as nonmembers.

. Please check often because new programs are always being introduced.

Service Area(s)

Albemarle County

,

Charlottesville City

Email

[thecenter@thecentercville.org](mailto:thecenter@thecentercville.org)