

Yoga and Exercise Classes

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact

Jane Johnston

Intake Contact Email

fitoverforty@jesed.com

Intake Process

Call to register for a class or for more information.

Provider Refer

Yes

Report Problems

Call the Agency

,

Send an Email

Self Refer

Yes

Fit Over Forty

<http://fitoverfortyvirginia.com/>

Main

(703) 203-2264

3927 Lord Farifax Highway

22611 VA

United States

Additional Availability Comments

Classes are currently on zoom

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Fit Over Forty is to enable aging members of the community to pursue active lifestyles by improving strength, flexibility, and range of motion while reducing pain. the yoga classes include:

Hatha Yoga classes (modified Iyengar); Feldenkrais Classes; Individual Hatha Yoga sessions and/or Personal Training Sessions. Aquatics for Arthritis, MS & Others with Limited Movement; Awareness Through Movement; Low Impact Aerobic; Yoga; Body Sculpting; Personal Fitness Training; aquatic classes, and groups Pilates.

Jane is a Feldenkrais Practitioner, Post Rehab Conditioning Specialist, Aquatic Therapeutic and Rehab Exercise Specialist, Yoga and Tai Chi Teacher, Cancer Exercise Specialist and Registered Somatic Movement Therapist.

Email:

Service Area(s)

Clarke County

,

Warren County

,

Winchester City