

## Exercise and Fitness Classes

Age Requirements

56-60

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60+

Other Eligibility Criteria

Adults age 50 years and older

Intake Contact

Rachel Ramirez

Intake Contact Email

info@llichesterfield.org

Intake Process

Call us at 804-338-4167 or email info@llichesterfield.org for information about fitness classes.

Report Problems

Call the Agency

Lifelong Learning Institute in Chesterfield

<http://www.llichesterfield.org/>

Main

(804) 378-2527

P. O. Box 1090

13801 Westfield Road

23113 VA

United States

Monday: 8:00 am-4:00 pm

Tuesday: 8:00 am-4:00 pm

Wednesday: 8:00 am-4:00 pm

Thursday: 8:00 am-4:00 pm

Friday: 8:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Office hours differ from class hours

Fee Structure

Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Lifelong Learning Institute in Chesterfield offers many exercise and fitness classes. Some of the classes are balance class, low impact aerobics, sit and be fit, Yoga and walkers club. Call for details of each class.

Membership is required in order to register for courses. The annual fee of \$150 per person allows a person to participate in all of the courses, lectures and activities during their 12 months of membership.

The LLI runs a year-round program that consists of spring, summer and fall sessions. Classes range from one-time activities or lectures to courses of multiple weekly sessions, or activities that meet weekly. Each class may run from one to two hours and occur between 8 am-4 pm, Monday-Friday.

Service Area(s)  
Amelia County  
,  
Chesterfield County  
,  
Hanover County  
,  
Henrico County  
,  
Powhatan County  
,  
Richmond City  
Email  
[info@llichesterfield.org](mailto:info@llichesterfield.org)