

## Get Fit Class and Senior Fitness

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact

Staff

Intake Contact Email

dc

Intake Process

Call for information

Provider Refer

Yes

Self Refer

Yes

Dinwiddie County Parks & Recreation

<http://www.playdinwiddie.com/>

<http://www.dinwiddieva.us/486/Fitness-Wellness>

Main

(804) 732-1100

7301 Boydton Plank Road

23803 VA

United States

Fee Structure

Fixed Fee

Languages Spoken

English

Seniorcize Class - designed for people who need to improve their range of motion, muscular strength and cardiovascular endurance. Workout includes a low impact class; working with chairs, stretch bands, walks and the use of weights. Call for

information about cost and when class begins.

Lower Pace Class - designed for low to medium aerobics and made up of muscle toning, body stabilization, abs and lower back work. Call for information about cost and when class begins.

Dinwiddie County Parks, Recreation & Tourism offers the Get Fit Fitness Membership program. Get Fit offers participants access to ten (10) different fitness classes that occur in the Dewitt Fitness Studio at the Eastside Community Enhancement Center and the Sylvia Taylor Epps Aerobics Studio at the Robert & Betty Ragsdale Community Center. In addition to the classes, the membership package also provides unlimited access to the Fitness room at Eastside and the CrossFit Exercise room at Ragsdale.

Participants will have access to the following:

- Weight training
- Zumba
- pop line dancing
- Fitness Fusion
- Basic Cardio
- Step Aerobics
- Kickboxing
- Slow Jam Interval strength Training

\$25.00 a month for residents; \$35.00 per month for non-residents. Monthly renewal is \$20.0 for residents and \$30.00 for non-residents.

Service Area(s)

Dinwiddie County

,

Petersburg City