

## Silver Sneakers Aquatic Class, Glen Allen

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Arthritis or other condition needing emphasis on joint range of motion

Family

No

Intake Process

Call for more information. Walk in, complete application

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Glen Allen

<https://www.amfamfit.com>

<https://www.facebook.com/AmericanFamilyFitness/>

Main

(804) 261-1000

10101 BROOK RD STE 100

23059 VA

United States

Additional Availability Comments

Call for time and day of class

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

American Family Fitness Center offers a Silver Sneakers Aquatic class where the aquatic exercise program allows exercise without putting excess strain on joints and muscles. The gentle activities in warm water help participants gain strength and flexibility and enjoy decreased pain and stiffness. Call for class information.

Service Area(s)

Hanover County

,

Henrico County

,

Richmond City