Exercise Classes

Age Requirements 56-60 , 60 +Available 24/7 No Other Eligibility Criteria Adults 55 and older Family No Intake Process Call the office for more information. Self Refer Yes **Colonial Heights Recreation and Parks** http://www.colonialheightsva.gov/256/Recreation-Parks https://www.facebook.com/colonialheightsrec Main (804) 520-9220

157 Roanoke Avenue 23834 VA United States

Monday: 8:00 am-5:00 pm Tuesday: 8:00 am-5:00 pm Wednesday: 8:00 am-5:00 pm Thursday: 8:00 am-5:00 pm Friday: 8:00 am-5:00 pm Saturday: Closed Sunday: Closed Fee Structure Call for Information Languages Spoken English The Senior Center of Colonial Heights Parks and Recreation offers a Sit & Let's Get Fit exercise class. The class is designed for individuals with arthritis or other inflammation of the joint conditions such as fibromyalgia. All exercises help to increase participants range of motion, flexibility and strength. The classes are currently on Tuesday and Thursday at 10:00 AM and at 11:00 AM. Call for more information and to confirm the days and times. The class <u>schedule</u> is also posted on the website.

Service Area(s) Colonial Heights City Email <u>skalakc@colonialheightsva.gov</u>