

## Senior Health Exercise Classes

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Seniors

Family

No

Intake Process

Please call for information about exercise classes.

Provider Refer

No

Self Refer

No

VHC Health Senior Health Department

<https://www.vhchealth.org>

<https://www.vhchealth.org/classes-events/fitness-healthy-lifestyle-classes/>

Main

(703) 558-6859

1701 North George Mason Drive

22205 VA

United States

Additional Availability Comments

Class times vary please call.

Fee Structure

Call for Information

Languages Spoken

English

The Health Promotion Department at Virginia Hospital Center offers several programs to keep seniors active and connected with the community. Classes are offered for

- Strength and Cardio - Improves range of motion, muscle strength, and bone health
- Seniorcise - Low-impact, energizing exercise program for seniors
- Gentle Yoga - Stretching, deep breathing and relaxation
- Adaptive/Seated Yoga - older adults with limited mobility, chronic pain or neuropathy
- Tai Chi - fosters a healthy, balanced mind and body
- Pilates
- Low-Impact Fitness and Wellness
- And so many more.

[Visit the website](#) for the time, days, locations, length, and cost of classes.

Service Area(s)

Alexandria City

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Arlington County

,

Fairfax City

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Fairfax County

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Falls Church City

Email

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