

## **Silver Sneakers Fitness for Seniors**

Age Requirements

56-60

,

60+

Family

No

Intake Contact Email

wolfgangsgym@comcast.net

Intake Process

Visit the website or facebook, call for information

Self Refer

Yes

Wolf Gangs' Gym and Fitness Center

<http://www.wolfgangsgym.net/>

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

Main

(804) 276-0405

3517 Courthouse Road

23236 VA

United States

Additional Availability Comments

Monday - Friday 7:30 am - 8:30 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Silver Sneakers is now available at Wolf Gangs' Gym. Silver Sneakers offers an innovative blend of physical activity, healthy life style and social oriented programming that allows older adults to take greater control of their health.

Silver Sneakers members receive a free fitness center membership at a participating location, access to any participating fitness center while traveling, customized classes designed for older adults and other benefits.

Call for more information or Visit SilverSneakers Program online.

Service Area(s)

Chesterfield County

,

Colonial Heights City

,

Henrico County

,

Powhatan County

,

Richmond City

Email

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