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Free Group Fitness Classes

Date and Time

Daily on Monday, Wednesday, and Friday at 9:00am until Sunday 4/16/2017

Event Region

Northern Virginia

Event Type

Class

Event Cost

\$0.00

Event Description

Stay active and independent. Come experience our community outreach educational sessions and fun free group fitness classes designed to help keep aging adults moving and independent. POISED will provide educational sessions with focus on information for staying active and independent, home safety and fitness program opportunities for individuals in Prince William County.

The free group fitness sessions will be offered 3 times per week for a period of 10 weeks to help improve strength, endurance, coordination, balance, and reaction time. Classes begin Monday, February 6, 2017