

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Exercise for Life

Date and Time

Tuesday 12/19/2017 12:00 to 1:00pm

Event URL

<https://www.sentara.com/charlottesville-virginia/classes/events.aspx>

Event Region

Charlottesville Area

Event Type

Class

Event Cost

\$0.00

Event Description

Exercise for Life. Sentara Martha Jefferson Health & Wellness Center offers this class to provide the nuts and bolts of an exercise program by defining the exercise prescription for people beginning an exercise program, especially for those with cardiopulmonary conditions or other medical concerns. The expected health benefits and information about exercise conditioning principles are presented. Tuesday, December 19, 2017 from 1-2 pm. No registration is required. You can call 434-654-4510 for more information or to ask about other dates.