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Active Aging Wellness Exercise Class - Zoom

Date and Time

Weekly on Wednesday at 10:45am for 8 times

Event URL

[Flyer](#)

Event Region

Northern Virginia

Event Type

Class - Workshop

RSVP Info

eileentar1@verizon.net or 703-821-6838

Event Cost

\$40.00

Event Description

September 9 - October 28, 2020 Wednesdays Active Aging Wellness Exercise Class on Zoom A Program of the Shepherd's Center serving Oakton-Vienna-Reston-Herndon (SC) Exercise class for older adults focusing on low impact aerobics, balance, coordination and stretching. Class meets for 1 hour, once a week, for eight weeks. Wednesdays, 10:45 am - 11:45 am September 9 until October 28, 2020. Cost: \$40 payable to Sun Fitness LLC. Register with Casey Tarr, eileentar1@verizon.net or 703-821-6838 Virtual via Zoom After registering with Casey Tarr you will be contacted with payment instructions. Checks must be made out to Sun Fitness LLC.