

## Spiro100 Senior Fitness and Wellness

Age Requirements

56-60

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60+

Available 24/7

Yes

Intake Contact Email

support@spiro100.com

Intake Process

Call or email for information. The fitness classes are available online, on the website, or through apps.

Intake Contact Telephone

(323) 591-0445

Report Problems

Call the Agency

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Send an Email

Spiro100

<https://spiro100.com/>

<https://facebook.com/Spiro100TV/>

<https://twitter.com/therealspiro100>

Main

(323) 591-0445

7966 Beverly Boulevard Suite 103

90048 CA

United States

Fee Structure

Fee Range

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Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Spiro100 provides web-based and app video streaming fitness and wellness classes for older adults, featuring over 120 full-length exercise and meditation sessions. Each class has been created, produced, and is led by nationally recognized senior wellness experts to provide seniors a purposeful, results-driven fitness tool. This one-of-a-kind expert programming is available effortlessly to any senior, family, or caregiver.

Service Area(s)

Nationwide

Email

[support@spiro100.com](mailto:support@spiro100.com)