

## Gym Walking

Available 24/7

No

Other Eligibility Criteria

Residents of Stafford. Most activities are geared to adults age 55 and up.

Intake Contact Email

seniors@staffordcountyva.gov

Intake Process

Pre-registration is required, the program is ongoing and you may register at anytime

Report Problems

Call the Agency

Self Refer

Yes

Stafford Senior Citizens Center

[https://staffordcountyva.gov/government/departments\\_p-z/parks\\_and\\_recreation/in...](https://staffordcountyva.gov/government/departments_p-z/parks_and_recreation/in...)

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

<https://twitter.com/StaffordParks>

Main

(540) 658-5116

Rowser Complex

1739 Jeff Davis Highway

22554 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

## English

Stafford Senior Citizens Center offers Gym Walking. Seniors can walk in a safe and dry location. Come to the Courthouse Community Center Gym on Mondays, Wednesdays, and Fridays and join our walking group! This is an ongoing program, so you may register anytime. The class is free, but pre-registration is required. All ages; 8:30-9:30 AM; no walking on holidays.

Service Area(s)

Stafford County