

## **Fitness Seniors, St. Alban's**

Available 24/7

No

Family

No

Intake Contact Email

info@inova.org

Intake Process

Participants must pre-register.

Self Refer

Yes

Iona Senior Services

<http://www.iona.org>

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

Main

(202) 895-9448

3001 Wisconsin Avenue NW

20016 DC

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Languages Spoken

English

Inoa's Active Wellness at St. Alban's includes a range of activities to help you age well and live well. Offers a morning fitness program, a nourishing lunch, health promotional educational programs, computer classes and much more as a chance for social interaction.

Among programs offered are sitting Yoga, movies, Bridge club, short story group, poetry group, and more. Each student must sign a waiver of liability before participation.

Call the office to learn about the various fitness programs, including strength training, advanced strength training, active low-impact workout, Tai Chi, arthritis exercises, Yoga and Qi Gong.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Washington DC

Email

[info@iona.org](mailto:info@iona.org)