

## **Exercise Classes**

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Age 50 and older

Family

No

Intake Contact Email

info@thecommunitycenterofabingdon.com

Intake Process

Contact Coordinator by phone or walk in.

Report Problems

Call the Agency

Self Refer

Yes

Community Center of Abingdon

<https://thecommunitycenterofabingdon.com/>

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

Main

(276) 628-3911

300 Senior Drive

24210 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Monday- Friday 9 am - 4 pm

Languages Spoken

English

Community Center of Abingdon (formerly Abingdon Senior Center) provides diverse services to senior citizens. Please call for exercise class day and time at the Center, and it is open to persons age 50 or over.

Service Area(s)

Abingdon City

,

Washington County

Email

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