

## **Silver Sneakers Fitness Program**

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Intake Contact

Audrey Caldwell

Intake Contact Email

audrey.caldwell@radfordva.gov

Intake Process

Call to register or for more information.

Provider Refer

Yes

Self Refer

Yes

Radford Parks and Recreation

<http://www.radfordva.gov/255/Parks-Recreation-Department>

<http://www.radfordva.gov/813/Silver-Sneaker-Fitness-Program>

Main

(540) 731-5517

200 George Street

24141 VA

United States

Additional Availability Comments

Monday-Thursday 6 am-10 pm, Friday 6 am-6 pm, Saturday 8 am-6 pm and Sunday 1-6 pm

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Silver Sneakers Fitness Program is available. This new and popular class combines fun and fitness through a variety of exercises taught by certified senior fitness instructor, Jeanne Donovan. It is designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or support.

These classes are currently held on Monday, Wednesdays and Fridays 11:45am – 12:20pm. Cost is \$15.00 for residents; \$25.00 for non-residents. Free to all Silver Sneaker members.

Sign up today by calling 540-731-5517.

Service Area(s)

Radford City

Email

[ken.goodyear@radfordva.gov](mailto:ken.goodyear@radfordva.gov)