

## Arthritis and Exercise Classes

Available 24/7

No

Other Eligibility Criteria

Any age

Family

No

Intake Contact Email

info@thevirginian.org

Intake Process

Call to register or walk in and register. Sign waiver

Report Problems

Call the Agency

The Virginian

<https://liveatthevirginian.com/>

Main

(703) 385-0555

9229 Arlington Boulevard

22031 VA

United States

Additional Availability Comments

Arthritis class on Tuesday and Thursday; Balance class on Monday and Friday

Fee Structure

No Fee

Languages Spoken

English

The Virginian offers a variety of exercise classes. Some of the classes currently available are arthritis, balance, stretching, Tai chi, Parkinson's, Yoga, strengthening, and more

Arthritis Foundation Exercise Class is offered to the public at no charge. Exercises are done seated and standing. The instructor is certified by the Arthritis Foundation. Call for class times.

Call for more information. You can contact Claire Behrens, Wellness Manager, at The Virginian, 703-385-0555, ext 5290.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

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Falls Church City

,

Loudoun County

,

Prince William County

Email

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