

Walk Fit Walking Program

Age Requirements

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Call or email for more information.

Provider Refer

No

Self Refer

No

VHC Health Senior Health Department

<https://www.vhchealth.org/>

<https://www.vhchealth.org/classes-events/healthy-aging/walking-program/>

Main

(703) 558-6859

1701 North George Mason Drive

22205 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Walk Fit is a free fitness program organized by the Virginia Hospital Center Senior Health Department that meets once a week at the Lubber Run Community Center. The group meets on the upper level track every Thursday morning between 8:30 am and 9:30 am. Participants enjoy great company while exercising in a safe environment.

Each morning's walk is followed by a brief cool down and flexibility session led by Virginia Hospital Center staff.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

seniorhealth@vhchealth.org