

Chair Yoga Exercise Class

Other Eligibility Criteria

This activity is for people 50 years and older.

Intake Contact

Marlene Krause

Intake Process

Please call to get signed up.

Report Problems

Call the Agency

Residency Requirements

Fairfax-Burke area

Self Refer

Yes

Shepherd's Center of Fairfax-Burke

<http://www.scfbva.org>

<https://www.facebook.com/Shepherd-Center-of-Fairfax-Burke-1640087076241245/time...>

Main

(703) 323-4788

Little River Glen Senior Center

4019 Olley Lane

22032 VA

United States

Monday: 10:00 am-4:00 pm

Tuesday: 10:00 am-4:00 pm

Wednesday: 10:00 am-4:00 pm

Thursday: 10:00 am-4:00 pm

Friday: 10:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

,
Spanish

The gentle Chair Yoga Exercise Classes meet on Zoom Monday, Wednesday, and Friday mornings from 9:30-10:30 A.M. Interested participants may obtain the Zoom link by contacting the Shepherd's Center Fairfax-Burke (SCFB) office at 703.323.4788. There is no fee to join the class, but donations are gratefully accepted to defray the program costs.

Service Area(s)
Fairfax City

,
Fairfax County
Email
info@scfbva.org