

## Fitness

### Other Eligibility Criteria

It's never too late to begin. It's never too early to start.

### Intake Contact Email

gemshare1@comcast.net

### Intake Process

Please visit the website to find your local instructors email. Also, visit the website to have online instruction on getting fit and healthy.

### Report Problems

Other

Self Refer

Yes

Ageless Grace

<http://www.agelessgrace.com>

Unpublished

23838 VA

United States

Payment Method(s)

Private Pay

Languages Spoken

English

Ageless Grace is a fitness and wellness program that consists of 21 simple exercise Tools designed for all ages and abilities. The exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The exercise can be done at home, are simple, are designed to be performed seated in a chair, yet they can be done on a bed, standing behind a chair, on the floor, etc.

Visit the website to find your local instructor to email to find a class. Also, visit the website if you are interested in becoming a "Certified Ageless Grace Educator" so

you can teach a class. Classes are typically 30 minutes to 60 minutes in length. The primary purpose of the class is to coach participants on how to practice the 21 Simple Tools in their own homes. One on one (private coaching sessions) are also available.

Service Area(s)

Statewide

Email

[info@agelessgrace.com](mailto:info@agelessgrace.com)