

## **Recreation, Fitness, Veteran and Active Duty**

Family

No

Intake Process

Call, visit the website.

Mongrel Fitness

<http://mongrelfitness.com>

Main

(804) 794-5080

11617 Busy Street

23236 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Sarete Practice Group offers a free therapeutic recreation program for Veterans at Mongrel Fitness.

Sarete is an interactive martial practice focused on changing how we face challenges in daily life while pursuing personal growth. Practices are drawn from the martial art of Aikido. While movements can be applied as a nonviolent form of self defense, we will be focusing on how our breathing, posture, and movement can reduce frustration, stress, and anxiety.

Sarete is an inclusive practice open to a variety of backgrounds and abilities. This includes physical injury and PTSD.

The class is currently offered on Tuesday from 11am until Noon. Loose clothing is recommended. Please call for more information.

Service Area(s)

Chesterfield County

,

Colonial Heights City

,

Goochland County

,

Hanover County

,

Henrico County

,

Hopewell City

,

Petersburg City

,

Richmond City

Email

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