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[Active Aging Wellness Exercise Class](#)

Date and Time

Weekly on Wednesday at 10:45am for 4 times

Event URL

[View class schedule](#)

Event Region

Northern Virginia

Event Type

Class - Workshop

RSVP Info

703-821-6838

Event Cost

\$40.00

Event Description

October 7, 14, 21,18, 2020 Wednesdays (Continuing from September) Active Aging Wellness Exercise Class A Program of the Shepherd's Center serving Oakton-Vienna-Reston-Herndon (SC) \$40 payable to Sun Fitness LLC. Register with Casey Tarr, eileentarr1@verizon.net or 703-821-6838 Exercise class for older adults focusing on low impact aerobics, balance, coordination and stretching. Class meets for 1 hour, once a week, for eight weeks. Sponsored by SC. Wednesdays, 10:45 am - 11:45 am September 9 - October 28, 2020 Cost: \$40.00 Virtual via Zoom