

## **Chair and Walker Aerobics for Elderly and Individuals with Disabilities**

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Elderly or individuals with a disability

Intake Process

Contact the office for more information.

Intake Contact Telephone

(804) 646-5733

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

City of Richmond Department of Parks, Recreation and Community Facilities

<https://www.rva.gov/parks-recreation>

<https://www.rva.gov/parks-recreation/randolph-community-center-0>

<https://www.facebook.com/rvaparksandrec/>

<https://twitter.com/rvaparksandrec>

Main

(804) 646-1080

TTY/TTD

(804) 780-8687

1415 Grayland Avenue

23220 VA

United States

Monday: 8:00 am-12:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Randolph Community Center, a location of the City of Richmond Department of Parks, Recreation and Community Facilities, offers aerobics for the elderly and disabled. Three aerobics programs are available that can be practiced by individuals who are unable to withstand the stress that conventional aerobics puts on the legs. These programs are chair aerobics, walker aerobics, and bed aerobics.

The Golden Age Club at Randolph Community Center, 1415 Grayland Avenue offers social get-togethers and a wide variety of activities, classes, and trips. Chair aerobics is offered to the disabled and elderly. The Class meets on Wednesdays at 10 am.

Service Area(s)

Richmond City

Email

[Email form is available on the website.](#)