

## Exercise Classes

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Adults 55 and older

Family

No

Intake Process

Call the office for more information.

Self Refer

Yes

Colonial Heights Recreation and Parks

<http://www.colonialheightsva.gov/256/Recreation-Parks>

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

Main

(804) 520-9220

157 Roanoke Avenue

23834 VA

United States

Monday: 8:00 am-5:00 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

Call for Information

Languages Spoken

English

The Senior Center of Colonial Heights Parks and Recreation offers a Sit & Let's Get Fit exercise class. The class is designed for individuals with arthritis or other inflammation of the joint conditions such as fibromyalgia. All exercises help to increase participants range of motion, flexibility and strength. The classes are currently on Tuesday and Thursday at 10:00 AM and at 11:00 AM. Call for more information and to confirm the days and times. The class [schedule](#) is also posted on the website.

Service Area(s)

Colonial Heights City

Email

[skalakc@colonialheightsva.gov](mailto:skalakc@colonialheightsva.gov)