

## **Seated Exercise, Exercise Buddy**

Age Requirements

56-60

,

60+

Intake Process

Please call or visit the website for videos and more information.

Self Refer

Yes

Arlington TV

<https://tv.arlingtonva.us/>

<https://tv.arlingtonva.us/category/exercise-buddy/>

Main

(703) 228-3270

2100 Claarendon Blvd, # 409

22201 VA

United States

Languages Spoken

English

Exercise Buddy is a seated exercise program that is designed to improve your strength and muscular endurance, as well as your flexibility. It is also designed to firm and tone your muscles and even your bone density. Find a chair and work out with a fitness instructor as you are shown some seated exercise for 25 minutes.

Comcast channels 25 and 1085; Verizon FIOS channels 39 and 40

Service Area(s)

Arlington County