

## Fitness Classes, Carver Senior Center

Age Requirements

56-60

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60+

Available 24/7

No

Family

No

Intake Process

Call for information; register for class.

Provider Refer

Yes

Self Refer

Yes

Loudoun County Area Agency on Aging

<https://www.loudoun.gov/1104/Area-Agency-on-Aging>

<https://www.loudoun.gov/index.aspx?NID=1143>

Main

(571) 258-3400

200 Willie Palmer Way

20132 VA

United States

Monday: 9:00 am-7:00 pm

Tuesday: 9:00 am-8:00 pm

Wednesday: 9:00 am-7:00 pm

Thursday: 9:00 am-8:00 pm

Friday: 9:00 am-5:00 pm

Saturday: 9:00 am-12:00 pm

Sunday: Closed

Carver Senior Center offers a Fitness Center and a variety of fitness classes for seniors. Senior Fitness Classes, both seated and standing are offered, as well as

aerobic health, strength and flexibility classes, mind/body classes, Tai Chi, Qigong, Yoga; dance classes (Zumba, Ballroom and Line Dance) and more.

Service Area(s)

Loudoun County

Email

[aaa@loudoun.gov](mailto:aaa@loudoun.gov)