

## Walk Fit Walking Program

Age Requirements

No Age Requirement

Family

Yes

Intake Process

For more information, please visit the website.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Virginia Hospital Center (VHC Health)

<https://www.vhchealth.org/>

<https://www.vhchealth.org/classes-events/healthy-aging/walking-program/>

<https://www.vhchealth.org/classes-events/healthy-aging/mall-walking-program/>

Main

(703) 558-6859

Lubber Run Community Center

300 North Park Drive

22203 VA

United States

Additional Availability Comments

Every Thursday morning, 8:30 am - 9:30 am

Fee Structure

No Fee

Languages Spoken

English

Virginia Hospital Center sponsors a FREE walking program called Walk Fit. Walk Fit is open to anyone looking for free, low-impact, and climate-controlled exercise.

Participants enjoy great company while exercising in a safe environment. The walk is

followed by a brief stretch and flexibility session led by Virginia Hospital Center staff. Blood pressure checks can be provided. All ages are welcome.

The Walk Fit program meets once a week on Thursday mornings, 8:30 a.m. - 9:30 a.m. at Lubber Run Community Center.

For more information, please call 703.558.6859.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

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Falls Church City