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## **Active Aging Wellness Exercise Class**

Date and Time

Weekly on Wednesday at 10:00am for 8 times

Event Region

Northern Virginia

Event Type

Class - Workshop

RSVP Info

Questions and Registration: Casey Tarr [eileentarr1@verizon.net](mailto:eileentarr1@verizon.net) or 703-821-6838

Event Cost

\$40.00

Event Description

Shepherd's Center of Oakton-Vienna (SCOV) is sponsoring the Active Aging Wellness Exercise Class. This class is to improve strength, balance, and mobility for older adults. Performed by the Sun Fitness LLC it is \$40 for an 8 week session. Every Wednesday. This session is January 8 through 29th. Questions or to register please contact Casey Tarr, [eileentarr1@verizon.net](mailto:eileentarr1@verizon.net) or 703-821-6838.