

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Ageless Grace: Timeless Fitness for Body and Mind

Date and Time

Weekly on Tuesday at 11:00am for 12 times

Event URL

<https://www.sentara.com/classesevents/events/ageless-grace-fitness-for-the-mind...>

Event Region

Charlottesville Area

Event Type

Class - Workshop

RSVP Info

1-800-736-8272

Event Cost

\$0.00

Event Description

Ageless Grace: Timeless fitness for the body and the mind. A fitness and wellness program consisting of 21 simple exercise tools that activate the brain function and addresses physical skills. Exercises are done seated in a chair with standing as an option. Each tool targets a different part of the body or brain. Class will be March 12 and 26 from 11am until Noon at Sentara Martha Jefferson Hospital, Kesler Conference Room. Free and open to public. However, registration is required. Call 1-800-Sentara or go to www.sentara.com to register.