



Virtual - Senior Fitness Classes

Inova Well’s Healthy Lifestyle program is pleased to announce that we are live streaming a variety of fitness classes taught by our skilled instructors for **FREE**. This is in response to the region's Covid-19 social isolation recommendations. Inova’s mission is to continue to support our Health System team members, community, and patients with mind and body programming that keep people at home, active and feeling connected.

Below is a detailed schedule of class offerings for the active aging population. Please complete the registration (even if the classes are FREE) and instructions on how to join the live broadcast will be found in your confirmation email.

Schedule and class details: <https://www.inovaevents.org/CREG/ClassDetails.aspx?sid=40&ClassID=26490>

Register here for FREE: <https://www.inovaevents.org/CREG/Cart.aspx>

Inova Well myinovawell@inova.org (571) 472-1400

Monday	Tuesday	Wednesday	Thursday	Friday
11:00 a.m. Mobility, Strength and Balance	11:00 a.m. SAIL - Balance and Fall Prevention	11:00 a.m. Barre Strength	11:00 a.m Tai Chi	11:00 a.m. Chair Yoga