

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

## **Enhance Fitness**

Date and Time

Weekly on Monday at 8:45am for 12 times

Event URL

<https://www.ssseva.org/events/>

Event Region

Tidewater/Chesapeake

Event Type

Class

Event Description

Senior Services of Southeastern Virginia offers Enhance Fitness. This group exercise class helps older adults at all fitness levels. Balance and flexibility are focus. The class meets each Monday, Wednesday and Friday from 8:45 until 9:45am. Call for more information and to register.