

## Seniors in Motion and RVA Youth Dance Classes

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact Email

Cynthia@gospeldance.net

Intake Process

Call the office for hours and class information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

World Fitness Dance Academy

<https://www.worldfitnessdanceacademy.com/>

Main

(804) 497-7417

1622 East Parham Road

23228 VA

United States

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

World Fitness Dance Academy (WFDA), formerly International Fit Dance, offers both dance classes and dance fitness classes. WFDA has classes for a wide range of

Richmond community members, from toddlers to senior citizens. WFDA reinforces the art and athleticism of dance, educating students on the importance of performing with authentic human emotion while simultaneously strengthening their dance technique. WFDA has a diverse and inclusive community atmosphere within the studio founded upon the values of kindness and freedom of self-expression. Information can be found on [Class Schedule](#).

A senior fitness class, Seniors in Motion, is offered on Tuesday and Thursday mornings from 9:00 am-10:00 am. The Tuesday class is a lower cardio workout using chairs and weights. The Thursday class teaches beginning Pilates. Evening dance classes include modern, praise and jazz. The evening fitness classes include step, kickboxing, body sculpting (weights), Pilates and Yoga.

Some classes may be virtual. If a class is held on Zoom, Code and Password will be issued after registration. Now offering in-person classes 5-7 students per class.

For information about the RVA Youth and Seniors in Motion classes, please call 8804-306-5958.04-306-5958804-306-5958

Service Area(s)

Goochland County

,

Henrico County

,

Richmond City