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## SwimRVA Wellness Open House

Date and Time

Friday 11/22/2024 10:00am to 1:00pm

Event URL

[Register](#)

Event Region

Richmond Area

Event Type

Health Fair

Event Cost

\$0.00

Event Description

Join us at SwimRVA on Friday, November 22, 2024 to meet your wellness coaches and learn about the variety of water and land fitness classes that are available for all abilities and ages.

From high-impact to ZERO-impact, SwimRVA offers a wide range of classes designed specifically for older adults and our senior community. With over 55 different water and land fitness classes each week, we have the right class for your goals. Do you want to loose weight? Do you need to gain strength in your core? Or do you simply know that MOTION is LOTION and just want to stay active, healthy, and fit?

Join us for our FREE open house and get to know your SwimRVA community and family.

The referenced media source is missing and needs to be re-embedded.

Event Image or Sponsor Logo

Image

