

Group Exercise Classes

Fitness is a different journey for every person. Whether you're a beginner trying to get into shape or a gym regular, working out with others who are looking to achieve the same goals can make the experience more enjoyable and help each person achieve their best results. No matter your reason for signing up, group fitness classes can offer various benefits to you and your health.

To register for a class call ext. 4325 or 3192



Upcoming Classes:

Whole Health Chair Group (In-person):

Thursdays, 1 - 1:30 p.m. Located in the Lebanon VA YMCA MOVE Group Room.

Whole Health VVC Group (Full Body):

Fridays, 9 - 9:30 a.m. via VVC VA Video Connect. Classes will include cardio, strength and stretching.

Chair VVC Group:

Mondays and Wednesdays, 1 - 1:30 p.m. via VVC Video Connect.

Mindful Movement Group:

Thursdays, 4 - 4:30 p.m. via VVC VA Video Connect.

Light Weight/Resistance Training VVC Group:

Mondays and Thursdays, 9 - 9:30 a.m. via VVC Video Connect. Classes focus on light weights and functional movement. *(Weights are not necessary and standing exercises can be modified for sitting)*

Please email Bill Simpson (williams.simpsonjr@va.gov) or Dottie Thompson (dorothy.thompson1@va.gov) for registration.

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VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Lebanon VA Medical Center