



Senior Fitness Classes

Indian River County's Parks and Recreation department and the Department of Health create a supportive environment for people of all ages to thrive, make new connections and have fun while improving health.

The senior fitness classes are part of DOH-Indian River wellness programs designed to improve the physical and mental health of our community's older adults.

These hour-long sessions include aerobics and weight training designed to increase balance and flexibility. A walk follows the workout for a cool down and conversation.



When: Tuesdays and Thursday mornings at 7:00am

Where: The Department of Health, Wabasso Site at 8445 64th Avenue, Vero Beach, FL 32967.

What's provided: Weights, stretch bands, music and instruction

What to bring: Water or a beverage of your choice and comfortable clothing

For more information, please contact:

Sandy Hebler

Indian River County Parks, Recreation and Conservation
772-538-7661 / shebler@indianriver.gov