

MIDDLESEX PARKS AND RECREATION

Chair Aerobics/ Line Dancing Classes

Chair Aerobics

Mondays
9AM-10AM

Line Dancing

Mondays & Wednesdays
6PM-7PM

\$5.00 PER PERSON, PER CLASS

Classes start January 5, 2026

Tom Carter Memorial Gymnasium



Chair aerobics is a fun exercise class that is done while seated in a chair. This low impact class is suitable for all fitness levels. Its benefits include improving heart health by increasing blood flow and heart rate and strengthening leg, arm, and core muscles.



Line dancing is enjoyable group choreographed dancing with no need for a partner and fun for all fitness levels. We dance to a wide variety of music: R&B, Country, and Pop. Benefits include improved heart health, balance coordination, and improved joint health and muscle coordination. Line dancing is calorie burning and may contribute to weight management.

Classes are taught by licensed instructor
Wanda G. Henderson (804) 238-3636

For more information contact the dept. at (804) 758-0057 or
email karen@co.middlesex.va.us

Soft Sole Shoes Required