



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Hollin Hall Senior Center

Address: 1500 Shenandoah Road

Alexandria, VA 22308

Hours: Monday-Friday, 8 a.m. - 4 p.m.

Phone: 703-765-4573, TTY 711

March 2025-May 2025

*Holiday Closures: May 26

CLASSES

Title	When	Time	Description
American Kenpo	Wednesday Night	7 p.m.	An updated system of martial arts. All attendees must register to become a center member during the day (8 a.m.-4 p.m.) to participate. Free with senior center membership. (Drop-in)
Jazzercise Lite	Monday, Tuesday, Thursday & Friday	Mon: 10 a.m. Tue: 10:15 a.m. Thu: 10:15 a.m. Fri: 11 a.m.	Certified Jazzercise instructors. Work-out can be 'light' with modifications from instructor or more intense as desired. Free with senior center membership. **Note: Class size is limited to 40. See staff to register for one of the 4 classes and to fill out a Jazzercise registration and liability waiver.
S.A.I.L.	Tuesday & Thursday	9:05 a.m.	S.A.I.L is an evidenced-based fall prevention exercise program designed for older adults to "Stay Active and Independent for Life." These classes are free with senior center membership. Spaces are limited. Registration is required for each quarterly session.

S.A.I.L. (Second offering)	Monday & Wednesday	2:30 p.m.	Evidenced-based fall prevention exercise program designed for older adults to "Stay Active and Independent for Life." Spaces are limited. Registration is required for each quarterly session.
Tap Class – Intermediate	Monday	12:30 p.m.	Dust off those old tap shoes and join us for fun, informative, instruction in a relaxed atmosphere! (Drop-in)
Low Impact Exercise	Monday & Wednesday	11 a.m.	Focus on strength, endurance and flexibility using resistance bands. No floorwork. Chair Friendly. (Drop-in)
Tap Class – Beginner	Monday	1:30 p.m.	Dust off those old tap shoes and join us for fun, informative, instruction in a relaxed atmosphere! (Drop-in)
Tai Chi – Beginner	Thursday	8:10 a.m.	This is a beginner class with no or minimal Tai Chi experience. Free with senior center membership. (Drop-in)
Tai Chi – Intermediate	Tuesday	8:10 a.m.	A class for those who have completed the beginner Tai Chi class or those with previous experience. Free with senior center membership. (Drop-in)
Tai Chi – Advanced	Wednesday	8:10 a.m.	An advanced Tai Chi class using swords with movement. Previous Tai Chi experience necessary. Free with senior center membership. (Drop-in)
Strength Training	Tuesday & Thursday	9 a.m.	Self-led class using an instructional DVD Free with senior center membership. (Drop-in)
Exercise with Patty	Wednesday & Friday	9 a.m.	An all-around fitness program that includes cardio, strength and endurance, balance, and relaxation. Free with senior center membership. (Drop-in)
Mixed Media Art Group	Tuesday & Thursday	11:30 a.m.	Participants will work on their own projects and, on occasion, joint exercises, such as drawing from a live model. There will be no instructions other than suggestions from other members. Basic drawing skills are required, familiarity with the use of paints and colors is helpful. (Drop-In)

Chuck Mason's Card Classes	1st & 3rd Wednesday March 5 & March 19 April 2 & April 16 May 7 & May 14	10 a.m.-1 p.m.	At each class, 5 cards will be created. There will be a theme for each month, either holiday-related or cards for different occasions i.e. birthdays, anniversaries, get-well, etc. \$15.00 Supply Fee to be Paid in the Class There will be 2 classes each day, at 10 a.m. & 1 p.m.
Woodworking with Mickey Post <i>*Safety class is required before using shop tools and machines.</i>	2nd and 4th Wednesday March 12 & March 26 April 9 & April 23 May 14 & May 28	10 a.m.	Program topics include a discussion of woodworking techniques, tools to be used, discussion of participants' projects, and actual work on participants' projects. Free with senior membership. New members welcome. Reservations Required. Sign up in the Binder in Main Lobby.
Chair Yoga for Everyone! with instructor Jess Purtell	Tuesday	1:45 p.m.	In this gentle moving class, we will use chairs to sit on or stand using the chair for support. We will learn new ways to focus on our breath, move our body and have fun! Leave feeling restored and rebalanced. Join in and give your body an hour of love and kindness. (Drop-in)
Line Dance With Shirley Genter	Wednesdays March 5-March 19 May 7-May 28	1-2 p.m.	Learn basic line dance steps to a variety of music styles. Drop In! All levels are welcomed.