



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Hollin Hall Senior Center

Address: 1500 Shenandoah Road

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

Phone: 703-765-4573, TTY 711

Alexandria, VA 22308

March, April & May 2026

*Holiday Closures: May 25-Memorial Day

CLASSES

Title	When	Time	Description
American Kenpo	Wednesday Nights	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)
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)
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. **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.
Line Dancing	Tuesday	1 p.m.	Free to senior center members.
Low Impact Exercise	Monday & Wednesday	11 a.m.	Focus on strength, endurance and flexibility using resistance bands. No floorwork. Chair Friendly. (Drop-in)

Mixed Media Open Art Studio	Tuesday & Thursday	11:30 a.m.	Participants will work on their own projects in various media 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)
Portrait Drawing, Advanced	Wednesday	10 a.m.	Drawing from a live model, no instructions are provided. Bring your own materials. Registration is required.
Portrait Drawing, Beginner	Wednesday	11:15 a.m.	Step by step instructions on how to draw a portrait. Registration required.

S.A.I.L.	Tuesday & Thursday	9:10 a.m.	Evidence-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.
S.A.I.L. (Second offering)	Monday & Wednesday	2:30 p.m.	Evidence-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.
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)
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)
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)
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)