



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

September – October – November 2026

***Holiday Closures: Sept. 7- Labor Day, Nov. 3-Election Day, Nov. 11-Veterans Day, Nov. 26-Thanksgiving Day, Nov.27-Day After Thanksgiving**

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)
Fitness with Patty	Wednesday & Friday	9 a.m.	An all-around fitness program that includes cardio, strength and endurance, balance, and relaxation. Please bring your own exercise bands. The class has a short social time after class on the 3 rd Friday of each month. All class members are welcome. 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: 10:15 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.	No experience necessary – just a willingness to dance. Free to senior center members.
Low Impact Exercise	Monday & Wednesday	11 a.m.	Low-impact exercise class with emphasis on stretching and movement. The exercises can be performed from a chair, depending on the participant's physical state or preference. Dyna-bands are used for arm, hand and shoulder strengthening. (Drop-in)
Mixed Media Open Art Studio	Tuesday & Thursday	11:30 a.m.	A co-operative group of artists, working in various mediums and offering critiques & suggestions to participants. There is no formal instructions. Basic drawing skills are required, familiarity with the use of paints and colors is helpful. (Drop-In)
S.A.I.L. (Morning Session)	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. (Afternoon Session)	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. 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)