Free Classes

FREE Erie VAMC Fitness Classes

Fitness Class Schedule:

Tuesday-Thursday
4:30pm-5:30pm

Erie VA Medical Center
– 2nd floor conference room

Participants should bring a towel, mat, and water.

You asked.
We delivered.

VA erie medical center

Invest in your health – join us for a one-hour fitness class led by a certified YMCA fitness instructor. This class is completely FREE and is open to Veterans and VA employees of any fitness level.

Tuesdays and Thursdays: ***Interval Training***
Interval Training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind after a long day! Modifications for all fitness levels!

Wednesdays: ***Tai Chi with Matt Borzon***
Tai Chi is an ancient martial arts discipline that helps the participants learn balance and coordination. Movements are slow and detailed and follow a predictable progression.

The Erie VA free weekly fitness classes were made possible through the Health Promotion VA2k Spirit Award. Classes are sponsored by Health Promotion Disease Prevention and Employee Wellness in partnership with the YMCA.

For any questions, contact Health Promotion at 814-860-2695.