

Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 9 am on Tuesday, June 25.

Visit mvphealthcare.com/calendar to register for all classes and for full class details. **Space is limited and registration is required.**

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change.

Vermont In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Aqua Fit

Saturdays, July 6–August 10 **11 am–12 pm**
Hard'ack Recreation Center
264 Hardack Drive, Saint Albans

In partnership with AgeWell Vermont. Improve your agility, strength, and core support in the water! This shallow water class teaches core exercises to improve balance and posture.

Strength and Striders

Wednesdays, July 3–August 21 **9:30–10:30 am**
St. Albans City Hall
100 North Main Street, St. Albans

In partnership with Age Well Vermont. Moving through a total body circuit workout, we will incorporate weights, balance exercises, and low impact cardio—walking at your own pace.

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!



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