

Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit mvphealthcare.com/calendar to register for all classes. Space is limited and registration is required.

Registration for all Winter classes will open at 8 am on Tuesday, November 28.

Vermont In-Person Programs

Strength and Striders

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

Intensity: Moderate, with modifications offered for all

Instructor: Fran Tougas

Program Code: 8068

Thursdays, 9:30-10:30 am, January 18 through March 21

St. Albans City Hall Auditorium: 100 North Main Street St. Albans, VT 05478 Vermont Region

Striders Walking Club at University Mall

In partnership with Age Well Vermont. Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking.

The meeting point will be located at the Center Court carpet space near the former Sears location. Enter near the Lenscrafters/Shoe Department.

Intensity: Low to moderate, walk at your own pace

Instructor: Fran Tougas

Program Code: 8069

Wednesdays, 9:30-10:30 am, January 17 through March 20

University Mall: 155 Dorset Street, South Burlington, VT 05403