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## **Personal Trainer, Has Your Get Up and Go Got Up and Left?**

Date and Time

Tuesday 7/5/2022 6:45 to 7:45pm

Event URL

[Register Here](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Has Your Get-Up-and-Go Got Up and Left? Tuesday, July 5, 6:45–7:45 pm If you've reached the age of 50 or beyond, this is for you! Join personal trainer and fitness instructor Pete Cross to learn simple moves you can insert into your daily routine and how to apply psychology to change habits and reduce procrastination. Pete will discuss the factors of aging that you can change and often reverse, physical factors that can influence brain function, and much more. Free and open to all. Register