

## Senior Fitness & Wellness Program | Prime Time Fitness & Lighten up for Life

Available 24/7

No

Other Eligibility Criteria

Eligible age is 50 and older

Intake Contact Email

jenkisl@ci.danville.va.us

Intake Process

Walk-In

Self Refer

Yes

Ballou Recreation Center

Main

(434) 799-5216

Ballou Park

760 West Main Street

24541 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Ballou Recreation provides fitness programs for adults 50+. These programs include aerobics, weights, yoga, and weight training on Mondays, Tuesdays and Thursdays. a.m. and Fridays 9:30-11 am.

Another Fitness program is call Lighten up for Life, for those Seniors wishing to

become more happy & healthy through diet, exercise and clear mind. Sign up and there is a one time small fee. Program is offered January of each year through April. Register in January.

Service Area(s)

Danville City

,

Pittsylvania County