

## YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Contact

Fitness Director

Intake Contact Email

wendy@saymca.org

Intake Process

Call for information, visit the website, complete membership application.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Staunton Augusta YMCA

<https://www.saymca.org>

<https://www.saymca.org/membership/rate/>

<https://www.facebook.com/SAYMCAPrograms/>

<https://twitter.com/saymca1>

Main

(540) 885-8089

708 North Coalter Street

24401 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-7:00 pm

Sunday: 1:00 am-7:00 pm

Fee Structure

Call for Information

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Fitness and promoting the health of spirit, mind and body. Yoga classes, group fitness classes for mature adults and individuals just starting a workout program. Stretch and Flex is a 30-minute class that concentrates on toning muscles using yoga moves and positions. A non-denominational Bible Study is free and open to the public on certain days.

Water aerobics class and swimming lessons are offered, as well as tennis lessons. Call for more information about aquatic programs.

[Senior Fitness](#) programs are available.

Service Area(s)

Augusta County

,

Staunton City

,

Waynesboro City