

# YMCA, Massad Family Branch

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact

Melissa Taylor

Intake Contact Email

mtaylor@family-ymca.org

Intake Process

Please call or visit the website for more information.

Report Problems

Call the Agency

Self Refer

Yes

Rappahannock Area YMCA

<https://www.family-ymca.org>

<https://family-ymca.org/find-a-y/massad/>

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

<https://twitter.com/rappymca>

Main

(540) 371-9622

212 Butler Road

22405 VA

United States

Monday: 5:00 am-2:00 pm, 3:00 am-9:00 pm

Tuesday: 5:00 am-2:00 pm, 3:00 am-9:00 pm

Wednesday: 5:00 am-2:00 pm, 3:00 am-9:00 pm

Thursday: 5:00 am-2:00 pm, 3:00 am-9:00 pm

Friday: 5:00 am-2:00 pm, 3:00 am-9:00 pm

Saturday: 7:00 am-12:00 pm, 2:00 am-9:00 pm

Sunday: 12:00 pm-5:00 pm

Fee Structure

Fee Range

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Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Massad Family Branch includes a gymnasium; courts for basketball, volleyball, and exercise; a Wellness/Fitness Center with CardioTheater; an Aerobic/Exercise Studio; a 6 Lane Indoor Lap and Recreational Pool; Racquetball/Handball/Wallyball Courts.

Member benefits include Nautilus/Cybox Cardiovascular Orientation; Unlimited Aerobic Classes including specialized classes such as Kick Boxing and Step; Active Older Adult Strength & Stretch; Yoga; Unlimited Water Exercise Classes including Arthritis Aquatic; Exercise Deep Water Workout; Hydro Aerobics; Aqua Aerobics; Blood Pressure Screening; Body Fat Percentage Test; Sauna & steam rooms; and Locker Rooms

Service Area(s)  
Fredericksburg City

,  
Stafford County