

## **YMCA Express at Gainsboro**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Varies according to program. YMCA membership is open to all.

Family

No

Intake Process

Unrestricted. Walk-ins and telephone referrals accepted. Call about membership options.

Self Refer

Yes

YMCA of Virginia's Blue Ridge

<https://ymcavbr.org/>

<https://ymcavbr.org/locations/gainsboro/ymca-express-at-gainsboro/>

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

Main

(540) 344-9622

108 Orange Avenue, NW

24016 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-7:00 pm

Saturday: 8:00 am-2:00 pm

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

## Languages Spoken

English

This YMCA Express at Gainsboro offers classes for all ages, all levels, and all interests. From low-impact exercise, stretching, and strength training to indoor cycling and yoga. Physical fitness programs include Yoga, circuit training, Aikido, Zumba, Hip Hop Dance, and Boot Camp. A [class schedule](#) can be downloaded from the website.

## Amenities include:

- State-of-the-art Wellness Center
- Treadmills with 15" LCD monitors
- Cycles with 7" LCD monitors
- Recumbent bicycles with 7" LCD monitors
- Ascent trainers (Elliptical Machines) with 7" LCD monitors
- Smith Machine
- Individual weight training stations
- Free weights
- Personal Training

## Service Area(s)

Botetourt County

,

Craig County

,

Roanoke City

,

Roanoke County

,

Salem City