## Fitness and Adult Fitness

Age Requirements No Age Requirement Available 24/7 No Family No Intake Contact Susan Landergan **Intake Process** Call for more information. **Report Problems** Call the Agency Self Refer Yes Jamerson Family YMCA http://www.lynchburgymca.org https://www.ymcacva.org/programs/fitness-classes Main (434) 582-1900 801 Wyndhurst Drive 24502 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-6:30 pm Saturday: 7:00 am-3:00 pm Sunday: 12:00 pm-4:00 pm Fee Structure

- Membership Fee
- Payment Method(s)
- Private Pay

Languages Spoken English

Jamerson Family YMCA offers activities for all ages. Fitness rooms and classes are offered for the entire family that promote a healthy spirit, mind and body. Enjoy aquatic programs, youth and adult sports, triathlon, wellness programs, and much more. Call for more information and see <u>Schedule for Kids and Teens</u>

Programs offered to adult adults include Book Club, Bridge Club, and Travel opportunities. Adult Room with pool, pink pong foosball, TV, computer and free coffee.

Classes include Low impact aerobics, Chair exercise, Gentle Yoga, Aqua Fitness, Chair exercise, and Resistance Workout.

A monthly calendar provides information on all Active Adult activities. Call for more information

Service Area(s) Lynchburg City