

## Exercise Classes

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact

Jennifer Johnson

Intake Process

Sign in at Front Desk

Provider Refer

Yes

Self Refer

Yes

YMCA of Pulaski County

<http://www.pulaskiymca.org/>

Main

(540) 980-3671

615 Oakhurst Avenue

24301 VA

United States

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA of Pulaski County (formerly Hensel Eckman YMCA) in Pulaski offers fitness programs for all ages.

Swimming classes provide children and youth exercise.

Senior fitness classes include:

Muscular Strength Range of Motion (MSROM) is a 45 minute Silver Sneakers class open to all adults. A variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Water aerobics is a great aerobic workout that is easy on the joints. Both deep water and shallow water aerobics are offered.

Yoga is a flowing sequence of postures linking breath and movement. All levels are welcome.

Senior Swim Aerobics are held Monday, Wednesday and Friday. Simple Exercises are held Tuesday and Thursday.

Call for more details.

Service Area(s)  
Pulaski County