

## **Health Enhancement Services, Seniors**

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Process

By telephone and walk-in. View class schedules online.

Self Refer

Yes

YMCA of South Boston/Halifax County

<http://www.ymcasouthboston.com/>

Main

(434) 572-8909

650 Hamilton Boulevard

24592 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: 8:00 am-3:00 pm

Sunday: 1:00 pm-5:00 pm

Additional Availability Comments

Call for specific class time

Fee Structure

Fee Range

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA offers the following health enhancement services:

Blood pressure screening

Flexibility and cardiovascular assessment and equipment

Certified trainer available

Strength Circuit

Personal fitness planning

Body mass index assessment

Active Older adults programming

Exercises and classes for senior citizens for all levels of ability, as well as swimming lessons, are available. Silver Sneakers is for seniors (gentle toning and strengthening using a chair and equipment).

Call for specific days and times.

Service Area(s)

Halifax County