

## Wellness Classes, Seniors

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

50 and older.

Family

No

Intake Process

Call for more information

Report Problems

Call the Agency

Staunton Augusta YMCA

<https://www.saymca.org>

<https://www.saymca.org/programs/seniors/healthy-living/>

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

<https://twitter.com/saymca1>

Main

(540) 885-8089

708 North Coalter Street

24401 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: 7:00 am-7:00 pm

Sunday: 1:00 am-7:00 pm

Fee Structure

Call for Information

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

,  
Sign Language

Senior Wellness and fitness classes:

Fit for Life: workout for active adult, individuals just starting an exercise program or those just coming back from injury. Speed of the music is mid-tempo; 30-35 minute cardio is included in workout.

Senior Wellness: class for active, adult who has balance, strength and body control to hold him or her self in various positions on and off of a mat. Includes muscular strength/endurance training and flexibility.

Adaptive Yoga: designed for beginners of all ages and those with medical issues who desire a gentle Yoga flow for stress reduction.

Chair Yoga: chair-based and chair-supported yoga for 30 minutes

Tai Chi Chu'an: slow, gentle form of exercise that uses agile stepping to regain or maintain body awareness and strength

People with Arthritis Can Exercise (PACE): exercise to help balance and strength for individuals with arthritis

Service Area(s)

Augusta County

,

Staunton City

,

Waynesboro City