

## Senior Programs at the Y

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all

Intake Contact Email

member.service@ymcadc.org

Intake Process

Phone, mail, walk-in for registration.

Self Refer

Yes

YMCA Alexandria

<https://www.ymcadc.org/locations/ymca-alexandria/>

Main

(703) 838-8085

420 East Monroe Avenue

22301 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-7:00 pm

Saturday: 8:00 am-6:00 pm

Sunday: 8:00 am-4:00 pm

Additional Availability Comments

Office hours are same as building hours.

Fee Structure

Call for Information

,

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA Alexandria offers many types of fitness classes for seniors, including aerobics, aquatic classes, and personal coaching. Mind and Body, Health and Wellness, and Diabetes Prevention classes are available.

This YMCA is part of the YMCA of Metropolitan Washington; Subway stop: Braddock Road.

Service Area(s)

Alexandria City

Email

[member.service@ymcadc.org](mailto:member.service@ymcadc.org)