

## Fitness Activities

Age Requirements

No Age Requirement

Available 24/7

No

Intake Process

Please call, email, or visit the website for more information or to start a membership.

Report Problems

Call the Agency

Self Refer

Yes

Suffolk Family YMCA

<http://www.ymcashr.org/suffolk/>

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

Main

(757) 934-9622

2769 Godwin Boulevard

23434 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Suffolk Family YMCA offers a fitness center and exercise classes such as Cardiovascular Classes, Core & Abs, Cycling, Strength Training, and Stretch, Yoga & Pilates. Cardio classes like Zumba Gold, line dancing, and water exercise all range in intensity to meet a variety of fitness levels. Many programs include education, motivation, recognizing and defeating bad habits, settling into new habits, setting and achieving goals, and tracking progress.

Other programs include social, educational, and spiritual activities stressing the development of Christian qualities in youth and adults, and fosters leadership development. Offers family preservation and strengthening service, guidance and family counseling, individual counseling, after-school daycare, camping, social adjustment, social development, group worship, comprehensive volunteerism, summer youth volunteer jobs, fundraising, and program development referral.

This is a 24-hour access location.

Service Area(s)

Suffolk City