Walking & Exercise

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria Anyone living in Amelia County. Family No **Intake Contact** Glen Wilkerson Intake Contact Email glen.wilkerson@ameliava.com Intake Process Call the office for information about class or activity. Self Refer Yes Amelia County Parks and Recreation http://www.ameliacova.com/departments/parks and recreation.php Main (804) 561-4100 16330 Dunn Street 23002 VA **United States** Additional Availability Comments Monday-Friday Fee Structure Call for Information Languages Spoken English

Amelia Parks and Recreation offers fitness programs for youth and adults

Amelia Parks and Recreation offers volleyball, softball and basketball as well as indoor walking for adults Monday-Friday 7:00am - 11:00am. Free to the public.

Exercise classes are available for beginner and intermediate. Beginner classes are Monday and Wednesday from 5:30pm-6:30pm; intermediate class is on Tuesday and Thursday from 5:30 pm - 7:00 pm. There is a \$20 fee per month for the exercise classes. Call for information about Yoga classes.

Youth programs include soccer, futsal, football, cheerleading, basketball and more.

Service Area(s) Amelia County