

## 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](mailto: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](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