

# **Active Older Adults, Silver Sneakers Fitness Program**

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Older adults

Family

No

Intake Process

Walk in; complete application; pay membership dues

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Waynesboro Family YMCA

<https://www.waynesboroymca.com/>

<https://www.waynesboroymca.com/group-fitness/silver-sneakers/>

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

<https://twitter.com/WaynesboroYMCA>

Main

(540) 943-9622

648 South Wayne Avenue

22980 VA

United States

Monday: 5:00 am-8:00 pm

Tuesday: 5:00 am-8:00 pm

Wednesday: 5:00 am-8:00 pm

Thursday: 5:00 am-8:00 pm

Friday: 5:00 am-7:00 pm

Saturday: 7:00 am-3:00 pm

Sunday: Closed

Additional Availability Comments

Fitness center and Cardio room closes one-half hour before the building closes. Pool closes one hour before the building closes.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Waynesboro Family WMCA provides the SilverSneakers Fitness Program.

Silver Sneakers: group meets to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

Chair Yoga: A blend of three yoga styles to create a harmony of movement for the whole body. Yoga stretch is taught from sitting and standing positions. This class offers a variety of safe and effective options designed to increase flexibility and balance.

Call for more information.

Service Area(s)

Staunton City

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Waynesboro City