

## **Fitness Programs, Healthy Activity**

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Visit the website; call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Norfolk Department of Recreation, Parks and Open Spaces

<http://www.norfolk.gov/rpos/>

<https://www.norfolk.gov/Facilities/Facility/Details/146>

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

Main

(757) 823-4301

7300 Newport Avenue

23505 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Monday to Friday 8:30am until 5pm

Fee Structure

Call for Information

Payment Method(s)

Private Pay  
Languages Spoken  
English

Norfolk Department of Recreation, Parks and Open Spaces offers a variety of fitness classes and activities for all ages. Take advantage of walking, biking, swimming, aerobics classes, yoga classes, and more. [The Good Times Magazine](#) is where to find a list of programs and activities at the many Recreation Centers in Norfolk.

You can also visit the website or call the Recreation Center nearest you.

Service Area(s)  
Norfolk City  
Email  
[rpos@norfolk.gov](mailto:rpos@norfolk.gov)