

## YMCA , Health, Well-being & Wellness

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Call the office; complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

William A. Hunton Family YMCA

<http://www.ymca.net/y-profile/?assn=6741>

Main

(757) 622-7271

1139 Charlotte Street

23504 VA

United States

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The William A. Hunton Family YMCA provides children and adults with programs for health and fitness, camping, childcare, community development, sports and teens. The YMCA's focus is on developing the potential of kids, improving individual health and well-being, and giving back supporting our neighbors.

The following are offered by the Hunton YMCA:

Group Physical Activity Classes for all ages, all levels and all interests. From low-impact exercise and chair classes, stretching and strength training to indoor cycling, water exercise, and yoga, you'll find a group class that's fun, supportive and keeps you moving.

Healthy Lifestyles classes and programs for those dealing with chronic disease, joint and injury rehabilitation, stress and pregnancy, in addition to health assessments and wellness coaching.

Water Activities include water exercise, adult swim lessons and adapted exercise for those with disabilities or in rehabilitation.

Personal Wellness Training and coaching to help set and meet specific goals in order to live healthier.

Service Area(s)  
Norfolk City