

## **Express YMCA**

Age Requirements

No Age Requirement

Intake Process

Call or walk in to learn more about memberships and details.

YMCA of Central Virginia

<https://www.ymcacva.org/>

<https://www.ymcacva.org/locations/express-ymca>

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

Main

(434) 455-5996

3408 Old Forest Road

24502 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-6:30 pm

Saturday: 7:00 am-3:00 pm

Sunday: 12:00 pm-4:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA provides a comprehensive approach to improving and maintaining wellness by offering exercise classes, private or group swimming lessons, and water fitness classes.

Amenities for all ages, skill levels, and all are cardio equipment, CrossFit studio, free weights, group exercise classes, nutrition education, personal training, strength

training, meeting rooms, Regymen fitness, active older adult programs, and more!

To put Christian principles into practice through programs that build a healthy body, mind, and spirit for all.

Service Area(s)

Campbell County

,

Lynchburg City