

## Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Unrestricted

Family

No

Intake Process

Walk-ins accepted

Self Refer

Yes

YMCA of Portsmouth

<https://www.ymcashr.org/locations/ymca-portsmouth?type=ymca>

Main

(757) 483-9622

4900 High Street West

23703 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-8:00 pm

Saturday: 8:00 am-3:00 pm

Sunday: 1:00 am-5:00 pm

Additional Availability Comments

Summer and Winter hours vary. Call for information

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

## English

The adult health and fitness programs at the YMCA are designed to help individuals achieve their personal goals in a way that suits them best. Programs are offered for everyone from pool-based arthritis classes to advanced sports training.

Some classes are group exercise classes such as Latin-dance-inspired Zumba, intense cardio classes like kickboxing, and classes catered to older adults such as Silver Sneakers and Body Recall.

Nationally certified personal trainers can help you lose weight or just get fit. A complete fitness assessment is offered and can monitor your progress and overall health.

Fitness staff is on hand to answer questions about programs.

Service Area(s)  
Portsmouth City