

## Exercise

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

No residency requirement.

Family

Yes

Intake Process

Call or walk-in for more information.

Self Refer

Yes

YMCA Fairfax County Reston

<https://www.ymcaadc.org/locations/ymca-fairfax-county-reston/>

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

<https://twitter.com/ymcaadc>

Main

(703) 742-8800

12196 Sunset Hills Rd

20190 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-7:00 pm

Saturday: 6:00 am-6:00 pm

Sunday: 8:00 am-6:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

The YMCA Fairfax County Reston is a fitness facility where you'll find an exceptional selection of cutting-edge cardiovascular, strength training machines, and free weight systems. Plus a swimming pool, basketball and volleyball courts, aerobic studios, indoor track, saunas, steam rooms, massage, and more.

Instructors lead aerobic classes year-round at convenient locations. The YMCA also featuring a fully equipped fitness facility, a swimming pool, wellness, and education center, a teen center, a science and technology suite and welcomes volunteers.

Bus Line: Metrobus. Partially accessible to persons with disabilities.

Service Area(s)

Alexandria City

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[member.service@ymcadc.org](mailto:member.service@ymcadc.org)