## **Fitness**

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria Open to all; must be a Y member Family Yes **Intake Contact** Lance Futrell, Program Director Intake Contact Email lfutrell@ymcaofeg.org Intake Process Call for information about membership and various classes. **Provider Refer** Yes **Report Problems** Call the Agency Self Refer Yes Family YMCA of Emporia-Greensville http://emporiagreensvilleymca.org/ https://www.facebook.com/YMCAofEG/ Main (434) 348-9622 212 Weaver Ave 23847 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-5:00 pm Sunday: 1:00 am-6:00 pm Fee Structure Membership Fee Payment Method(s) Private Pay Languages Spoken English

Family YMCA of Emporia/Greensville offers various exercise and fitness classes. Also available are health information, teen programs, senior programs, aquatics program, climbing wall, etc. Group fitness class offers low-impact cardio and light strength training for older adults and people with special needs. call for specifics.

Diabetes support is available.

The YMCA is a 501-3 non-profit organization whose mission is to "Put Christian principles into practice through programs that build healthy spirit, mind and body for all".

Service Area(s) Brunswick County , Emporia City , Greensville County , Halifax County , Southampton County , Sussex County