

## Silver Sneakers

### Age Requirements

56-60

,

60+

Available 24/7

No

### Other Eligibility Criteria

People with certain types of Humana or AARP health insurance can receive a free YMCA membership and join Silver Sneakers.

### Family

No

### Intake Contact

Lance Futrell, Program Director

### Intake Process

Call for more information.

### Provider Refer

Yes

### Report Problems

Call the Agency

### Self Refer

Yes

Family YMCA of Emporia-Greenville

<http://emporiagreenvilleyymca.org/>

<https://emporiagreenvilleyymca.org/news/item/67-seniors-silver-sneakers.html>

<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

Languages Spoken

English

Family YMCA of Emporia-Greenville offers the Silver Sneakers Fitness Program. People with certain types of Humana or AARP health insurance can receive a free YMCA membership. Included in the membership is access to special Silver Sneakers classes offered 4 days a week. The classes are taught mostly sitting in a chair and focus on building range of motion and strength for activities of daily living.

Members of Silver Sneakers also enjoy field trips and social events. We also offer Silver Sneakers group exercise classes at the Brunswick County Library in Lawrenceville. Check under the Senior programs tab on the website for a schedule of classes.

Meets Monday - Thursday. Call for more information.

Service Area(s)

Brunswick County

,

Emporia City

,

Greenville County

,

Halifax County

,

Southampton County

,

Sussex County