

## Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Varies according to program.

Family

No

Intake Contact Email

ywca@ywcabristol.org

Intake Process

Walk ins and telephone referrals accepted.

Self Refer

Yes

YWCA Northeast Tennessee and Southwest Virginia

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

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

[https://twitter.com/YWCA\\_TNVA](https://twitter.com/YWCA_TNVA)

Main

(423) 968-9444

106 State Street

37620 TN

United States

Monday: 7:00 am-6:00 pm

Tuesday: 7:00 am-6:00 pm

Wednesday: 7:00 am-6:00 pm

Thursday: 7:00 am-6:00 pm

Friday: 7:00 am-6:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

YWCA Northeast Tennessee and Southwest Virginia's Women's Health and Safety program provides fitness instruction, self-defense classes, and wellness seminars, among other resources to help you do just that. From picking up your first free weight to training for your first 5K, their trainers and a group of other life-loving women are there to hold you accountable and cheer you on.

For an additional fee, you can participate in group fitness classes. Call to schedule an appointment or stop by to visit.

Service Area(s)

Bristol City

,

Buchanan County

,

Carroll County

,

Dickenson County

,

Grayson County

,

Lee County

,

Russell County

,

Scott County

,

Smyth County

,

Tazewell County

,

Tennessee

,

Washington County

,  
Wise County

,  
Wythe County

Email

[ywca@ywcatnva.org](mailto:ywca@ywcatnva.org)