Fitness and Exercise

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria All ages Family No **Intake Process** Walk in; complete application; pay membership dues **Provider Refer** No **Report Problems** Call the Agency Self Refer Yes Waynesboro Family YMCA https://www.waynesboroymca.com/ https://www.waynesboroymca.com/group-fitness/ https://www.facebook.com/WaynesboroFamilyYMCA https://twitter.com/WaynesboroYMCA Main (540) 943-9622 648 South Wayne Avenue 22980 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-7:00 pm

Saturday: 7:00 am-3:00 pm

Sunday: Closed

Additional Availability Comments Fitness center and Cardio room closes one-half hour before the building closes. Pool closes one hour before the building closes. Fee Structure Membership Fee Payment Method(s) Private Pay Languages Spoken English

Waynesboro YMCA offers programs and activities for the family. The YMCA offers adult fitness classes, Cardio room, weight room, swimming classes, lifeguard training, kickboxing, strength-training, Yoga, Boby sculpture, aerobics classes, pilates, personal training, martial arts and more. Family programs, hikes and events are also planned.

Service Area(s) Staunton City

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Waynesboro City