

## 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