

## Health & Fitness Center

Age Requirements

5-22

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Adults of all ages

Family

Yes

Intake Contact

Marty Trachtenberg

Intake Process

Walk-ins accepted; written application required. Please call for more information.

Self Refer

Yes

Simon Family JCC

<http://www.simonfamilyjcc.org>

<http://www.jfit.today/fitness/>

Main

(757) 321-2338

5000 Corporate Woods Drive, Suite 100

23462 VA

United States

Additional Availability Comments

Pool closes 1/2 hour before facility closes.

Fee Structure

Call for Information

Languages Spoken

English

Simon Family JCC offers health and fitness programs for all ages, including water exercise and weight training. Classes are offered for all fitness levels are offered throughout the week at a variety of times. Personal trainers are available.

Classes for senior adults are offered. Call for details.

Seniors can benefit from Silver Sneakers class and gym walking hours.

[See Adult Programs and Classes](#)

Service Area(s)

Chesapeake City

,

Newport News City

,

Norfolk City

,

Portsmouth City

,

Suffolk City

,

Virginia Beach City

Email

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