

## Active Older Adults, Silver Sneakers

Age Requirements

60+

Available 24/7

No

Intake Process

Call for information.

Report Problems

Call the Agency

Self Refer

Yes

Rockbridge Area YMCA

<https://ymcavbr.org/locations/rockbridge/rockbridge-area-ymca/>

Main

(540) 464-9622

790 North Lee Highway

24450 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: 8:00 am-5:00 pm

Sunday: 1:00 pm-5:00 pm

Additional Availability Comments

The YMCA is open daily. Call or visit website for class schedules.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Active Older Adults (AOA) & Silver Sneakers: Improves joint mobility, balance and stability, strength and muscular endurance. Proper alignment and form is encouraged to prevent injury.

Fit-4-Ever: Low impact floor aerobics including step, kick and cardio moves. Also includes muscle toning and stretching. Great for all levels of participants.

Other classes include activities geared for all levels. Please visit our website or call for more information.

Service Area(s)

Buena Vista City

,

Lexington City

,

Rockbridge County