

Fitness Programs, Healthy Activity

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Visit the website; call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Norfolk Department of Recreation, Parks and Open Spaces

<http://www.norfolk.gov/rpos/>

<https://www.norfolk.gov/Facilities/Facility/Details/146>

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

Main

(757) 823-4301

7300 Newport Avenue

23505 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Monday to Friday 8:30am until 5pm

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Norfolk Department of Recreation, Parks and Open Spaces offers a variety of fitness classes and activities for all ages. Take advantage of walking, biking, swimming, aerobics classes, yoga classes, and more. [The Good Times Magazine](#) is where to find a list of programs and activities at the many Recreation Centers in Norfolk.

You can also visit the website or call the Recreation Center nearest you.

Service Area(s)

Norfolk City

Email

rpos@norfolk.gov