

# **Fitness, Lucy F. Simms Continuing Education Center**

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Harrisonburg Department of Parks and Recreation

<http://www.harrisonburgva.gov/parks-recreation>

<https://www.harrisonburgva.gov/simms-center>

<https://www.facebook.com/harrisonburgparksandrecreation/?ref=bookmarks>

Main

(540) 437-9213

620 Simms Avenue

22802 VA

United States

Additional Availability Comments

Monday through Friday 8am until 5pm

Payment Method(s)

Private Pay

Languages Spoken

English

Harrisonburg Parks and Recreation offers a variety of classes to help you stay fit at the Lucy F. Simms Continuing Education Center. Classes offered include Jazzercise, Tai Chi, Yoga, and Zumba. Registration required. Call 540-437-9213 more for information.

The Fitness Room is open:

- 8:00 am-12: 00 pm, Monday and Wednesday
- 6:30 pm-9: 00 pm, Monday and Wednesday
- 7:30 am-2: 00 pm, Tuesday and Thursday

The Computer lab is open:

- 8:30 am -11:30 am / 2 -5 pm (Monday-Friday)
- 6:30 pm - 9 pm (Monday and Wednesday)

Call for the hours of Gymnasium.

Service Area(s)

Harrisonburg City

,

Rockingham County

Email

[parksandrecreation@harrisonburgva.gov](mailto:parksandrecreation@harrisonburgva.gov)