## Fitness and Exercise, The Lounge

Age Requirements 18 and over Family No Intake Contact Email amy.fledor@jamescitycountyva.gov Intake Process Call or visit the website for information. Provider Refer Yes Self Refer Yes James City County Parks and Recreation https://jamescitycountyva.gov/recreation https://jamescitycountyva.gov/Facilities/Facility/Details/The-Lounge-59 Main (757) 259-4178 The Lounge 5301 Longhill Road 23188 VA United States Additional Availability Comments Monday through Friday 9am until 4pm. Closed Saturday and Sunday Fee Structure Membership Fee Payment Method(s) Private Pay Languages Spoken English

The Lounge (formerly Historic Triangle Senior Center) offers many fitness programs, including walk-about, PACE exercise (People with Arthritis Care), line dancing,

bowling and more.

Call for health fairs and screenings information as well as trips and socials.

Service Area(s) James City County

Williamsburg City

York County Email parks.rec@jamescitycountyva.gov