

## Inclusive Gymnastics and Fitness Training

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Classes are specifically designed for individuals with disabilities, but anyone can participate.

Intake Contact Email

mike@rcig.org

Intake Process

Call or email for information. Currently, there is a waitlist for classes. Even with a waitlist, athletes are encouraged to contact the gym for more information and to schedule a trial class.

Intake Contact Telephone

(804) 239-0695

Provider Refer

Yes

Report Problems

Call the Agency

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Send an Email

Self Refer

Yes

River City Inclusive Gym

<https://www.rcig.org/>

<https://www.facebook.com/rcig.org>

Main

(804) 239-0695

11248 Patterson Avenue

23238 VA

United States

Fee Structure

Fixed Fee

,  
Call for Information  
Payment Method(s)  
Credit / Debit  
Languages Spoken  
English

River City Inclusive Gym (RCIG) provides a safe and positive environment where children, teens, and adults with disabilities can improve social skills, motor skills, and self-esteem through group gymnastics and fitness training.

The RCIG Coaches challenge the athletes weekly to help facilitate coordination, strength, endurance, communication, and social skills. Each River City Inclusive Gym class is challenging, and adaptations are made on the spot in order to meet the needs of the athlete.

Additional activities include mobile field trips, field trips, birthday parties, and other events.

Service Area(s)  
Chesterfield County

,  
Henrico County

,  
Richmond City

Email  
[mike@rcig.org](mailto:mike@rcig.org)