

## YMCA, Downtown

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Process

Call or walk-in for more information.

Intake Contact Telephone

(434) 847-5597

Self Refer

Yes

YMCA of Central Virginia

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

<https://www.ymcacva.org/locations/downtown-ymca>

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

Main

(434) 847-5597

1315 Church Street

24504 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-6:30 pm

Saturday: 7:00 am-3:00 pm

Sunday: 12:00 pm-4:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA provides a comprehensive approach to improving and maintaining wellness by offering exercise classes, private or group swimming lessons, and water fitness classes.

Active Older Adult Program - offers to those 55 and over-exercise opportunities, social clubs, self-improvement seminars, and travel. Also offered are a Book Club and Bridge Club. In the Older Adult Room, one can play pool, ping pong, foosball or air hockey, TV or computer internet access.

Amenities for various age groups, skill levels, and all are group exercises, indoor pools, strength training, cardio equipment, wellness center, personal training, free weights, sauna, hot tub, pickleball, racquetball, basketball, CrossFit studios, and more!

To put Christian principles into practice through programs that build a healthy body, mind, and spirit for all.

Service Area(s)

Campbell County

,

Lynchburg City