

## Programs for Seniors, Massad Family Branch

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

These activities are intended for older adults.

Intake Contact

Melissa Taylor

Intake Contact Email

mtaylor@family-ymca.org

Intake Process

Please call or visit the website for more information.

Report Problems

Call the Agency

Self Refer

Yes

Rappahannock Area YMCA

<https://www.family-ymca.org>

Main

(540) 371-9622

212 Butler Road

22405 VA

United States

Monday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Tuesday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Wednesday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Thursday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Friday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm

Saturday: 7:00 am-12:00 pm, 2:00 pm-7:00 pm

Sunday: 12:00 pm-5:00 pm

Fee Structure

Fee Range

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Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Massad Family Branch of Rappahannock Area YMCA offers programs for Seniors that include:

Aquatic Exercise: Classes vary in intensity from beginner to advanced and are designed to improve your cardiovascular fitness, muscular conditioning, and flexibility. We offer a variety of water-based aerobics and Arthritis Foundation Water Exercise Classes.

Games and Social Opportunities: bridge, luncheons, field trips.

Land Exercise Classes: Variety of classes to suit a wide range of abilities and interests.

Senior Tennis

Service Area(s)  
Fredericksburg City  
,  
Stafford County