

## YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

All ages

Intake Process

Walk-ins accepted. Written application/specific documents required for some programs.

Self Refer

Yes

Bristol Family YMCA

<http://www.bristolymca.net>

Main

(423) 968-3133

400 Martin Luther King Jr Blvd

37620 TN

United States

Monday: 4:45 am-9:00 pm

Tuesday: 4:45 am-9:00 pm

Wednesday: 4:45 am-9:00 pm

Thursday: 4:45 am-9:00 pm

Friday: 4:45 am-9:00 pm

Saturday: 8:00 am-6:00 pm

Sunday: 1:00 pm-6:00 pm

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Bristol Family YMCA offers a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

Programs include:

- group fitness classes
- swim club
- walking/running club
- aquatics and water safety skills
- fitness evaluation
- men's fitness class
- aerobics
- aquatics
- co-ed volleyball
- weight-lifting
- and basketball

Special facilities include the Health Service Center (hydrospa, steam room, sauna, ultra-violet solarium, universal machines, massages, exercise area, and locker room) and the Nautilus Center.

Personal training - training in areas of resistance training, aerobic training, Yoga and sports specific conditioning.

Service Area(s)

Bristol City