

Physical Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

No residency requirement. Ages 12 and over.

Family

No

Intake Contact Email

arlingtonemail@ymcadc.org

Intake Process

Complete membership, sign up for classes.

Self Refer

Yes

YMCA Arlington

<https://www.ymcadc.org/locations/ymca-arlington/>

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

<https://twitter.com/ymcadc>

Main

(703) 525-5420

3422 13th Street North

22201 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-8:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 9:00 am-2:00 pm

Additional Availability Comments

Office hours Monday - Friday 9 a.m. - 5 p.m.

Fee Structure

Call for Information

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The YMCA Arlington offers a variety of fitness classes on a weekly basis. All classes begin with a warm-up and end with stretch and relaxation techniques. Classes for youth, adults, and seniors. Call for more information.

The fitness classes vary in impact levels for all body types Performs fitness evaluations on an individual basis. Operates a fitness center equipped with cardiovascular and strength training machines for individuals wishing to exercise on their own.

Members receive Free adult fitness classes; Free babysitting services; One month free for member referrals; Free weight room; Full complement of cardiovascular equipment; Life Fitness Strength Circuit; Racquetball/Handball courts; Outdoor swimming pool; Stretch trainer; Fitness testing; YMCA AWAY program for traveling members; Saunas; Towel service; and more!

Service Area(s)

Arlington County

Email

member.service@ymcadc.org