

## Health and Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Process

Call the office of your local YMCA for more information.

Provider Refer

Yes

Self Refer

Yes

YMCA of Greater Richmond

<http://www.ymcarichmond.org>

<https://www.ymcarichmond.org/programs/health-and-fitness>

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

<https://twitter.com/YMCARichmond>

Main

(804) 649-9622

2 West Franklin Street

23220 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-4:00 pm

Sunday: 11:00 am-4:00 pm

Additional Availability Comments

Call for information on specific classes

Fee Structure

Fixed Fee

Payment Method(s)

Credit / Debit

,

Private Pay

Languages Spoken

English

YMCA of Greater Richmond offers exercise and wellness programs for youth, teens, adults, and older adults. Group exercise classes, personal trainers, weight management, fit and tone training, performance training, youth training, rehab and recovery training, adult sports and programs, and aging programs are available.

There are 17 locations in the Greater Richmond area. Visit [Find a YMCA Location](#) to find a YMCA near you.

Please call for more information or to schedule an appointment with a wellness coach.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Petersburg City

,

Powhatan County

,

Richmond City

Email

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