

## Health and Fitness Programs

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

Yes

Intake Contact Email

member.service@ymcadc.org

Intake Process

Walk in, complete application

Intake Contact Telephone

(703) 838-8085

Self Refer

Yes

YMCA Alexandria

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

Main

(703) 838-8085

420 East Monroe Avenue

22301 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-7:00 pm

Saturday: 8:00 am-6:00 pm

Sunday: 8:00 am-4:00 pm

Additional Availability Comments

Office hours are the same as building hours.

Fee Structure

Call for Information

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA Alexandria offers a wide variety of classes and programs such as health and fitness for adults and children, adult dancing, youth swimming, Shotokan karate for adults and children, plus much, much more.

As a not-for-profit community service organization, we strive to meet the needs of families and individuals through quality programs offered in a safe, comfortable environment. As a member, you will receive full use of our facility and amenities, free fitness classes, reduced class fees on our other programs, and preferred program registration.

Wellness Center, Free aerobic, step and slide classes, Free 12-Week Starters! Fitness Program, Free towel service, Member referral program, Reduced rates on aquatic and specialty classes, Next-generation Nautilus strength training equipment, Cybex strength training equipment, Free weights center featuring Cybex equipment, Indoor equipment, Precor EFX cardiovascular machines and treadmills, Star Trac bikes, Concept II rowers, Tectrix Stair Climbers, Stairmaster Crossaerobic Machine, Indoor 25-yard pool, and Basketball court.

Service Area(s)

Alexandria City

Email

[member.service@ymcadc.org](mailto:member.service@ymcadc.org)