

Silver Sneakers

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Open to all ages

Family

No

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Danville Family YMCA

<http://www.ymcadanville.org/>

<http://www.ymcadanville.org/silversneakers.htm>

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

<https://twitter.com/ymcadanville>

Main

(434) 792-0621

810 Main Street

24541 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: 8:00 am-6:00 pm

Sunday: 12:00 pm-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Silver Sneakers is a program that is serviced by Tivity Health through various insurance companies. If an individual has an insurance plan through one of these companies, he or she can have a membership to the Y paid for by their insurance company through Tivity Health. The exercises are done from a chair and include small weights and resistance bands and enhances flexibility and balance.

Call for more information. The class Silver Sneakers is Not for Silver Sneakers members only - it's for everyone.

Check with your insurance company to see if a membership to the Y can be paid for Silver Sneakers.

Service Area(s)

Danville City