

## Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all; must be a Y member

Family

Yes

Intake Contact

Lance Futrell, Program Director

Intake Contact Email

[lfutrell@ymcaofeg.org](mailto:lfutrell@ymcaofeg.org)

Intake Process

Call for information about membership and various classes.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Family YMCA of Emporia-Greenville

<http://emporiagreenvilleyymca.org/>

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

Main

(434) 348-9622

212 Weaver Ave

23847 VA

United States

Monday: 5:00 am-8:00 pm

Tuesday: 5:00 am-8:00 pm

Wednesday: 5:00 am-8:00 pm

Thursday: 5:00 am-8:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 1:00 am-6:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Family YMCA of Emporia/Greenville offers various exercise and fitness classes. Also available are health information, teen programs, senior programs, aquatics program, climbing wall, etc. Group fitness class offers low-impact cardio and light strength training for older adults and people with special needs. call for specifics.

[Diabetes support](#) is available.

The YMCA is a 501-3 non-profit organization whose mission is to "Put Christian principles into practice through programs that build healthy spirit, mind and body for all".

Service Area(s)

Brunswick County

,

Emporia City

,

Greenville County

,

Halifax County

,

Southampton County

,

Sussex County