## **Active Older Adult Programs, King George YMCA**

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria Adults age 50 and over Intake Contact Erin Reiley Intake Contact Email ereiley@family-ymca.org Intake Process Please call for more information. **Report Problems** Call the Agency Self Refer Yes Rappahannock Area YMCA https://www.family-ymca.org Main (540) 775-9622

10545 Kings Highway 22485 VA United States

,

Monday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm Tuesday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm Wednesday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm Thursday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm Friday: 5:00 am-2:00 pm, 3:00 pm-9:00 pm Saturday: 7:00 am-1:00 pm, 2:00 pm-6:00 pm Sunday: 12:00 pm-4:00 pm Fee Structure Fee Range Membership Fee Payment Method(s) Private Pay Languages Spoken English

YMCA offers a variety of leisure and recreational programs for Active Older Adults (AOA). Activities encourage an active lifestyle and social interaction for individuals age 50 and older. Socials are held several times during the year and are free to Y members. Programs include floor and water group fitness classes, yoga, and cycling. Senior lunch groups meet and trips are taken periodically. Please call for more information.

FRED Express stops at the Y every hour. Check out Route K1 and Route K2.

Service Area(s) King George County