

Fitness, Lucy F. Simms Continuing Education Center

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Harrisonburg Department of Parks and Recreation

<http://www.harrisonburgva.gov/parks-recreation>

<https://www.harrisonburgva.gov/simms-center>

<https://www.facebook.com/harrisonburgparksandrecreation/?ref=bookmarks>

Main

(540) 437-9213

620 Simms Avenue

22802 VA

United States

Additional Availability Comments

Monday through Friday 8am until 5pm

Payment Method(s)

Private Pay

Languages Spoken

English

Harrisonburg Parks and Recreation offers a variety of classes to help you stay fit at the Lucy F. Simms Continuing Education Center. Classes offered include Jazzercise, Tai Chi, Yoga, and Zumba. Registration required. Call 540-437-9213 more for information.

The Fitness Room is open:

- 8:00 am-12: 00 pm, Monday and Wednesday
- 6:30 pm-9: 00 pm, Monday and Wednesday
- 7:30 am-2: 00 pm, Tuesday and Thursday

The Computer lab is open:

- 8:30 am -11:30 am / 2 -5 pm (Monday-Friday)
- 6:30 pm - 9 pm (Monday and Wednesday)

Call for the hours of Gymnasium.

Service Area(s)

Harrisonburg City

,

Rockingham County

Email

parksandrecreation@harrisonburgva.gov