

## Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Picture ID

Intake Contact

Tiffany Gee, Membership Director

Intake Contact Email

tiffanygee@ymcacva.org

Intake Process

Call or visit the website to learn about all that is offered.

Report Problems

Call the Agency

Self Refer

Yes

Southside Virginia Family YMCA

<http://southsidevafamilyymca.org>

Main

(434) 392-3456

580 Commerce Road

23901 VA

United States

Monday: 5:30 am-7:00 pm

Tuesday: 5:30 am-7:00 pm

Wednesday: 5:30 am-7:00 pm

Thursday: 5:30 am-7:00 pm

Friday: 5:30 am-7:00 pm

Saturday: 7:00 am-5:00 pm

Sunday: 1:00 am-5:00 pm

Additional Availability Comments

Stay and Play Hours - Monday-Thursday: 3:30 pm - 7:00 pm; Saturday: 8:45 am - noon; Sunday: 2:00 pm - 4:00 pm.

## Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Southside Virginia Family YMCA offers fitness classes for all ages, levels, and interests. From low impact exercise and chair-based classes, stretching and strength training to indoor cycling, water exercise, and yoga, you can find a group class that is fun, supportive, and keeps you moving.

Participating in adult team sports is a perfect opportunity to be active, social, and reconnect with a sport such as basketball, soccer, hockey, tennis, volleyball, or golf. Financial scholarships may be available for membership.

Recreation activities include cycling, hiking, running, wall climbing, racquetball, swimming, and more.

Service Area(s)

Buckingham County

,

Charlotte County

,

Cumberland County

,

Nottoway County

,

Prince Edward County