

Exercise and Fitness Activities

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Anyone living in Amelia County.

Family

No

Intake Contact

Glen Wilkerson

Intake Contact Email

glen.wilkerson@ameliava.com

Intake Process

Call the office for information about class or activity.

Self Refer

Yes

Amelia County Parks and Recreation

http://www.ameliacova.com/departments/parks_and_recreation.php

Main

(804) 561-3039

16330 Dunn Street

23002 VA

United States

Additional Availability Comments

Monday-Friday

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Amelia County Parks and Recreation provides a variety of exercise and fitness activities for residents living in the Amelia area. The events sponsored are: football, basketball, baseball, cheerleading, volleyball, karate, walking, weight lifting, exercise classes, arts & crafts, softball, fun in the sun soccer, tennis. The program also provides opportunity for recreational and cultural planning, recreational instruction and coaching. Sites vary around the county. The fees for this program vary depending on the sport. Off street parking is provided and program is accessible by bus and internally accessible for the handicapped.

Morning walking program hours are Monday-Friday 7 a.m. to 11 a. m.

Exercise Tuesday and Thursday 5:30-7:00 p.m.

Yoga class Monday 6:30-8:00 p.m.

Service Area(s)

Amelia County