

## **Fitness at the YMCA**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Unrestricted

Family

Yes

Intake Process

Contact membership department. Visit the website for information. Call the office.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Indian River Family YMCA

<https://www.ymcashr.org/locations/indian-river-family-ymca?type=ymca>

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

Main

(757) 366-0488

University Shoppes

5660 Indian River Road

23464 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-7:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 1:00 am-5:00 pm

Fee Structure

Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Indian River Family YMCA offers programs that build healthy bodies, minds, and spirits for all. Programs available at the Indian River Family YMCA include:

- Group Exercise Classes include cycling, starter cycling, cardio circuit, Yoga, body design, Y-Pilates, Zumba, step interval, kickboxing, Karate, strength & tone and Tai Chi.
- Family Programs include Interactive Zone, family swim, seasonal family activities, Parents Night Out and birthday parties.
- Health & Wellness include FitQuest, Y-Change, Personal Training, group exercise and water activities.
- Older Adults Program include Water Arthritis, Aqua Combo, Beginner Aqua, Tai Chi, Chair Yoga and Senior Strength.
- Child Care
- Teens Program

Service Area(s)  
Virginia Beach City