

# YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Contact

Crystal Latulipp

Intake Process

Visit the website. Call for information. Complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Greenbrier Family YMCA

<https://www.ymcashr.org/locations/greenbrier-family-ymca>

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

Main

(757) 547-9622

1033 Greenbrier Pkwy

23320 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-8:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 1:00 am-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Greenbrier Family YMCA provides an extension of the YMCA of South Hampton Roads, which sponsors social, educational, recreational, and religious activities stressing the development of Christian qualities in youth and adults.

FitQuest programs are available for all ages, including GoldQuest, a personalized fitness for adults age 55 and older.

The facility offers a fitness center, free weight center, two group exercise studios, a spinning studio, aquatic center, heated outdoor aquatic center, interactive zone, gymnasium, sauna, and more. Available are group exercise classes, yoga, pilates, step aerobics, water exercise, walking and running classes.

Service Area(s)

Chesapeake City