

## Fitness and Health Activities

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Process

Walk-ins accepted. Please call for more information about membership options

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Mount Trashmore Family YMCA

<http://www.ymcashr.org/mt-trashmore>

[https://www.supersaas.com/schedule/ymcashr/Fitness Classes - Mt Trashmore](https://www.supersaas.com/schedule/ymcashr/Fitness%20Classes%20-%20Mt%20Trashmore)

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

Main

(757) 456-9622

4441 South Boulevard

23452 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-4:00 pm

Sunday: 1:00 pm-5:00 pm

Additional Availability Comments

Specific class times vary - please call for details.

Fee Structure

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

Mt. Trashmore YMCA is part of YMCA South Hampton Roads. This location provides social, educational and spiritual activities stressing development of Christian qualities in youth and adults, and fosters leadership development.

Services include a pool, exercise facilities, a gym, and meeting rooms. Includes instruction in exercise and fitness programs, dancing, judo, lifesaving, scuba and aquatics for all ages, physical education, fitness instruction, values education groups, family enrichment and health enhancement instruction and activities.

The YMCA Older Adults programs are designed to enrich the lives of people who are in their middle and older years by helping them develop skills to meet life's challenges. Older adults can stay active and healthy by participating in both physical and social activities. At the YMCA, older adults have a place to go to improve their fitness levels, explore new interests and make new friends! Special classes includes senior fitness classes, personal training, aerobics, group exercise, and water arthritis classes.

Service Area(s)  
Virginia Beach City