

## **Exercise And Fitness, YMCA**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Process

Walk-ins and telephone referrals accepted. Complete application

YMCA of Buchanan County

<https://www.facebook.com/bcymca1975/>

Main

(276) 935-8871

1059 Golden Wave Drive

PO Box 1450

24614 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 7:00 am-6:00 pm

Saturday: 7:00 am-3:00 pm

Sunday: 1:00 pm-4:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

The YMCA of Buchanan offers health and fitness programs. The YMCA provides physical fitness classes, coed aerobic classes; adult education classes, and prenatal and Lamaze classes for expecting parents. Offers swim classes for all age groups and other aquatic programs.

Facilities include pool, gym, fitness center, free weight room, aerobic/dance studio, youth gym, tennis, sauna/steam room, whirlpool/Jacuzzi, drop-in babysitting room, and general-purpose room.

Offers a nutritional hot lunch program, as well as a fellowship program for senior citizens.

Service Area(s)  
Buchanan County