

## Fitness and Adult Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact

Susan Landergan

Intake Process

Call for more information.

Report Problems

Call the Agency

Self Refer

Yes

Jamerson Family YMCA

<http://www.lynchburgymca.org>

<https://www.ymcacva.org/programs/fitness-classes>

Main

(434) 582-1900

801 Wyndhurst Drive

24502 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-6:30 pm

Saturday: 7:00 am-3:00 pm

Sunday: 12:00 pm-4:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

## Languages Spoken

English

Jamerson Family YMCA offers activities for all ages. Fitness rooms and classes are offered for the entire family that promote a healthy spirit, mind and body. Enjoy aquatic programs, youth and adult sports, triathlon, wellness programs, and much more. Call for more information and see [Schedule for Kids and Teens](#)

Programs offered to adult adults include Book Club, Bridge Club, and Travel opportunities. Adult Room with pool, pink pong foosball, TV, computer and free coffee.

Classes include Low impact aerobics, Chair exercise, Gentle Yoga, Aqua Fitness, Chair exercise, and Resistance Workout.

A monthly calendar provides information on all Active Adult activities. Call for more information

Service Area(s)

Lynchburg City