

## **Fitness and Exercise**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Age 55 and older

Family

No

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Blocker Norfolk Family YMCA

<http://www.ymcashr.org/blocker-norfolk>

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

Main

(757) 622-9622

312 West Bute Street

23508 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: 1:00 pm-5:00 pm

Sunday: Closed

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Blocker Norfolk YMCA offers programs and activities for youth and adults. Activities and programs include health and wellness, fitness, swimming and sports.

The YMCA also offers programs for older adults, servicing YMCA members age 55 and older through programs that build healthy spirit, mind and body. We offer exercise and fitness programs, as well as yoga, stretch and bend exercise and other fitness classes.

The Center also offers water aerobics, aqua aquatics, swimming classes, group exercise classes and more. Call for exact times and length of a class.

Service Area(s)

Norfolk City