

## Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Must be ages 13 and up, prefer that senior citizens get a doctor's note especially if they have not been exercising.

Family

No

Intake Process

By telephone or walk-in. Application is required.

YMCA of South Boston/Halifax County

<http://www.ymcasouthboston.com/>

Main

(434) 572-8909

650 Hamilton Boulevard

24592 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-8:00 pm

Saturday: 8:00 am-3:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Fee Range

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA of South Boston/Halifax County has facilities offering programs and services for all family members.

Group exercise classes, traditional and aquatic; racquetball court; jogging/walking track; karate; kids night out; swim team; cardio machines and weight room.

Fitness classes, personal fitness instruction, and fitness equipment are available for people ages 13 and up. The facility is also accessible to the physically disabled.

Service Area(s)

Halifax County