

## **Fitness and Wellness, Healthy Living**

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact

Jennifer Johnson

Intake Process

Telephone referrals accepted.

Provider Refer

Yes

Self Refer

Yes

YMCA of Pulaski County

<http://www.pulaskiymca.org/>

<http://www.pulaskiymca.org/membership/membership-overview/>

[https://www.facebook.com/pg/YMCAofPulaskiCounty/about/?ref=page\\_internal](https://www.facebook.com/pg/YMCAofPulaskiCounty/about/?ref=page_internal)

Main

(540) 980-3671

615 Oakhurst

24301 VA

United States

Fee Structure

Scholarship Available

Payment Method(s)

Private Pay

Languages Spoken

English

The YMCA of Pulaski County (formerly Hensel Echman YMCA) in Pulaski provides fitness programs including swimming, basketball, soccer, gymnastics, fitness

classes, senior aerobics, water exercise, racquetball, and swim lessons. Also offers walking trail, jogging trail and weight training. Puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. Also offers classes in CPR, lifeguard training, family life CPR, weight management and yoga.

Call for more information.

Service Area(s)

Pulaski County