

## Water Exercise

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Unrestricted

Family

No

Intake Process

Contact membership department

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Indian River Family YMCA

<https://www.ymcashr.org/locations/indian-river-family-ymca?type=ymca>

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

Main

(757) 366-0488

5660 Indian River Road

University Shoppes

23464 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-7:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 1:00 am-5:00 pm

Fee Structure

Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Water Exercise classes available at Indian River YMCA are geared to strengthen muscles and improve joint flexibility and range of motion. Greater mobility, reduced pain and fatigue, increased muscle strength and enhanced sleep quality are just a few of the benefits of a regular fitness workout in the pool.

Call for Water Zumba and other aquatic programs and water exercise classes.

Service Area(s)  
Virginia Beach City