

## Active Older Adult Programs

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Designed for older adults but open to anyone. Prefer that senior citizens get a doctor's note for fitness programs especially if they have not been exercising.

Family

No

Intake Process

Call the office for more information. Visit website

Provider Refer

Yes

Self Refer

Yes

YMCA of Greater Richmond

<http://www.ymcarichmond.org>

<https://www.ymcarichmond.org/programs/health-and-fitness/aging-well>

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

<https://twitter.com/YMCARichmond>

Main

(804) 644-9622

2 West Franklin Street

23220 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 7:00 am-4:00 pm

Sunday: 11:00 am-4:00 pm

Additional Availability Comments

Call for class time  
Fee Structure  
Fixed Fee  
Payment Method(s)  
Credit / Debit

,  
Private Pay  
Languages Spoken  
English

YMCA of Greater Richmond, Downtown offers health and fitness programs for active older adults. The activities can include group exercise, senior aerobics, senior Pilates, senior yoga, chair yoga, stretch and tone, and more.

These classes are designed for adults aged 55 years and older but are open to all members of the YMCA.

There are 17 locations in the Greater Richmond area. Visit [Find a YMCA Location](#) to find a YMCA near you.

Service Area(s)  
Chesterfield County

,  
Goochland County

,  
Hanover County

,  
Henrico County

,  
Petersburg City

,  
Powhatan County

,  
Richmond City

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