## **Physical Fitness, Martinsville**

Age Requirements No Age Requirement Available 24/7 No Family No Intake Contact Brad Kinkema **Intake Process** Telephone call, paperwork. Please call for more information. **Provider Refer** Yes **Report Problems** Call the Agency Self Refer Yes Martinsville Henry County Family YMCA https://martinsvilleymca.com/ https://martinsvilleymca.com/membership/ https://www.facebook.com/martinsvilleymca/ Main (276) 632-6427 3 Starling Avenue 24112 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-9:00 pm Saturday: 7:00 am-5:00 pm Sunday: 1:00 am-5:00 pm Fee Structure

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

To put Christian principles into practice through programs that build healthy spirit mind, body for all.

Many exercise programs are offered, including arthritis water aerobics, floor exercise for seniors, Yoga, Pilates, kick boxing, Cardio Sculpt, Step, low impact walking program and more. Personal trainers are available to help improve physical fitness and prepare a personal training program. The YMCA has a variety of programs for active seniors. We also accept SilverSneaker and Silver and Fit. Visit the website for <u>More programs for seniors</u>

Call for more activities and volunteer opportunities.

Service Area(s) Martinsville City