

## 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://martinsvilleyymca.com/>

<https://martinsvilleyymca.com/membership/>

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

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 [More programs for seniors](#)

Call for more activities and volunteer opportunities.

Service Area(s)  
Martinsville City