

## Physical Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Membership required for access to the fitness room and for use of the pool. Some programs have age restrictions.

Intake Contact

Damon P. Boyd, Health Fitness Membership Director

Intake Contact Email

damon.boyd@thej.org

Intake Process

Phone. Please call for more information.

Intake Contact Telephone

(703) 537-3047

Self Refer

Yes

Jewish Community Center of Northern Virginia

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

Main

(703) 323-0880

TTY/TTD

(703) 323-7937

8900 Little River Turnpike

22031 VA

United States

Fee Structure

Call for Information

Languages Spoken

Spanish

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Multi-Lingual

Jewish Community Center of Northern Virginia offers Silver Sneakers, self defense, swimming, adaptive aquatics, aerobics, group fitness classes, personal trainer, cardiovascular fitness programs and more. Age requirements vary.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City