

## Fitness Programs

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Male and female age 50 and over

Family

No

Intake Contact

Staff

Intake Process

Call for information

Provider Refer

Yes

Self Refer

Yes

Bristol Virginia Parks and Recreation

<http://www.bristolva.org/Index.aspx?NID=147>

<http://www.bristolva.org/360/Activity-Schedules>

Main

(276) 645-7275

21361 Sugar Hollow Drive

24209 VA

United States

Additional Availability Comments

Monday - Friday 8 am-5 pm

Fee Structure

No Fee

Languages Spoken

English

The Bristol Parks & Recreation Department in conjunction with YMCA, jointly sponsor fitness classes at the YMCA facility. Classes include Step Challenge Aerobics, Zumba, Karate, etc. Registration is preferred. The seasonal activities brochures may be viewed on the Parks and Recreation website.

Service Area(s)

Bristol City