

## Adult Exercise Classes

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Available to all over 50

Family

Yes

Intake Contact

Lee Grandison

Intake Contact Email

hampton@peninsulaymca.org

Intake Process

Inquire at front desk about memberships or scholarships during days/hours open for business

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Hampton Family YMCA

<https://ymcavp.org/locations/hampton/>

<https://ymcavp.org/locations/hampton/facility-info-hours/>

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

Main

(757) 722-9044

1322 Lasalle Avenue

23669 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: 6:00 am-4:00 pm

Sunday: Closed

Additional Availability Comments

Call for details about a class

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Hampton Family YMCA is a family-oriented environment, and a gathering place for thousands of kids, families, seniors, and individuals. This location offers several exercise classes for those age 50 and older:

Call for details.

Service Area(s)

Hampton City