

## **Fitness and Exercise**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Children, Adolescent, Adult, Older Adults

Family

Yes

Intake Contact

Contact

Intake Contact Email

rfwilkinson@peninsulaymca.org

Intake Process

Register

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

R.F. Wilkinson Family YMCA

<https://ymcavp.org/locations/rf-wilkinson/>

Main

(757) 229-9622

301 Sentara Circle

23188 VA

United States

Monday: 5:30 am-9:00 am

Tuesday: 5:30 am-9:00 am

Wednesday: 5:30 am-9:00 am

Thursday: 5:30 am-9:00 am

Friday: 5:30 am-8:00 am

Saturday: 6:00 am-4:00 pm

Sunday: Closed

Additional Availability Comments

Call for day and time of class or activity

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

R.F. Wilkinson Family YMCA provides family-oriented fitness environment for children, adolescent, adults and seniors. Call for pool schedule, aquatic exercise, group exercise programs, swim lessons, aerobic class, Yoga, pilates, body sculpting, kickboxing and more.

Silver Sneakers for older adults: Yoga Stretch Class - Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises promotes stress reduction and mental clarity.

Silver Sneakers also offers a muscular strength and range of movement class.

Service Area(s)

James City County

,

Williamsburg City

Email

[rfwilkinson@ymcavp.org](mailto:rfwilkinson@ymcavp.org)