

## Fitness & Exercise

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Unrestricted

Family

No

Intake Contact

Staff

Intake Contact Email

parks.rec@james-city.va.us

Intake Process

Contact the office for more information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

James City County Parks and Recreation

<https://jamescitycountyva.gov/recreation>

<http://jamescitycountyva.gov/635/Parks-Recreation>

Main

(757) 259-5351

5340 Palmer Lane, Suite 1B

23188 VA

United States

Additional Availability Comments

Call for class time

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

James River City County Parks & Recreation offers programs for exercise, recreation, social interaction and learning, growth and relation-programs. Aerobic and fitness classes are offered, as well as personal training, yoga, nutrition class, walking programs and more.

There are many exercise classes geared toward older adults. SilverSneakers offers muscular strength and range of motion class, yoga, Pilates, dance and ball movements and more. Search Your Heart is a nine-week, hands on educational class to learn about heart disease and stroke prevention.

Visit the website or call for information about a class.

Service Area(s)

James City County

,

Poquoson City

,

Williamsburg City

,

York County

Email

[parks.rec@jamescitycountyva.gov](mailto:parks.rec@jamescitycountyva.gov)