

## **Aquatic, Water Aerobics**

Age Requirements

18 and over

Available 24/7

No

Intake Process

Walk in; complete application; pay membership dues

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Waynesboro Family YMCA

<https://www.waynesboroymca.com/>

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

<https://twitter.com/WaynesboroYMCA>

Main

(540) 942-5107 x60

648 South Wayne Avenue

22980 VA

United States

Monday: 5:00 am-8:00 pm

Tuesday: 5:00 am-8:00 pm

Wednesday: 5:00 am-8:00 pm

Thursday: 5:00 am-8:00 pm

Friday: 5:00 am-7:00 pm

Saturday: 7:00 am-3:00 pm

Sunday: Closed

Additional Availability Comments

Fitness center and Cardio room closes one-half hour before the building closes. Pool closes one hour before the building closes.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Waynesboro YMCA offers aquatic programs help with range of motion and to improve joint flexibility. Please call for more information.

Some of the water fitness classes include power aerobics, stretch and tone, splish-splashers and more.

Some classes have a focus on stretching muscles to allow greater range of motion and less pain.

Call for day and time of class.

Service Area(s)

Staunton City

,

Waynesboro City