

## **Water Workout**

Age Requirements

No Age Requirement

Available 24/7

No

Intake Process

Please call or visit the website for class availability and location.

Report Problems

Call the Agency

Rockbridge Area YMCA

<https://ymcavbr.org/locations/rockbridge/rockbridge-area-ymca/>

Main

(540) 464-9622

790 North Lee Highway

24450 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: 8:00 am-5:00 pm

Sunday: 1:00 pm-5:00 pm

Additional Availability Comments

Class times vary - please call or visit the website for schedules.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Rockbridge Area YMCA offers aquatic exercises. A cardio workout that is good for the heart, gentle on the joints, and fun in the water. Classes are conducted at different locations. Please visit the website or call for more information about class times and locations.

Service Area(s)

Buena Vista City

,

Lexington City

,

Rockbridge County