

## Active Older Adults | Spotsylvania Branch

### Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Self Refer

Yes

Rappahannock Area YMCA

<https://www.family-ymca.org>

Main

(540) 775-9622

5700 Smith Station Road

22407 VA

United States

### Languages Spoken

English

Active Older Adults (AOA) is a social club for men and women age 50 and older. A variety of recreational, leisure and social programs are available. Socials are held several times during the year and free to Y members. Programs also include fitness classes. Lunch groups meet periodically and trips are planned.

Programs for the 50 plus include aquatic exercise, fitness classes, games and social opportunities, land exercise classes and more.

Silver Sneakers information can be found at the Member Services Desk.

Please call for more information.

FRED Express stops at the Y every hour. Check out Route K1 and Route K2.

Service Area(s)

King George County