

## **Silver Sneakers Fitness Program**

Age Requirements

56-60

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60+

Family

Yes

Intake Contact Email

info@peninsulaymca.org

Intake Process

Call or email for information about membership. You can call 7057-247-9622 to find a location near you.

Self Refer

Yes

Peninsula Metropolitan YMCA

<http://www.peninsulaymca.org>

<https://www.peninsulaymca.org/our-programs/health-wellness/exercise/silver-snea...>

Main

(757) 223-7925

Corporate Office

41 Old Oyster Point Road, Suite C

23602 VA

United States

Additional Availability Comments

Hours vary. Call the location for times.

Fee Structure

Fee Range

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. SilverSneakers provide a fitness center membership to any participating location. The benefits include access to conditioning classes, exercise equipment, pool, sauna; customized classes designed for older adults, health education seminars, online support for weight control and smoking cessation and more.

SilverSneakers is available at most branches of Peninsula metropolitan YMCA. Call the office to find a YMCA branch near you or visit [Peninsula Metropolitan YMCA](#)

Service Area(s)

Hampton City

,

Mathews County

,

Middlesex County

,

Newport News City

,

Northumberland County

,

Richmond County

,

Westmoreland County