

## Fitness Programs

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Contact Email

info@peninsulaymca.org

Intake Process

Please contact us or visit the website for information about our programs. You can call 757-247-9622 to find a location near you or visit the website.

Provider Refer

Yes

Self Refer

Yes

Peninsula Metropolitan YMCA

<http://www.peninsulaymca.org>

<https://www.peninsulaymca.org/?s=fitness>

Main

(757) 223-7925

Corporate Office

41 Old Oyster Point Road, Suite C

23602 VA

United States

Fee Structure

Call for Information

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Peninsula Metropolitan YMCA offers a variety of fitness, health and wellness programs for the family.

Opportunities are available for youth and adults for recreation: aquatics, summer camp, fitness programs, art and craft classes, camps, health and exercise and wellness programs, sports and specialty programs for teens and older adults.

Call the office to find a program and location 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

,

Williamsburg City