

Fitness and Exercise

Age Requirements

No Age Requirement

Family

No

Intake Contact Email

parksdesk@louisa.org

Intake Process

Visit the website for information or call the office. Register for class

Provider Refer

Yes

Self Refer

Yes

Louisa County Parks, Recreation and Tourism

<https://www.louisacounty.com/208/Parks-Recreation>

<https://www.louisacounty.com/346/Fitness-Exercise>

Main

(540) 967-4420

522 Industrial Drive, Suite A

P O Box 864

23093 VA

United States

Additional Availability Comments

Monday - Friday 8:30 am - 5 pm

Languages Spoken

English

Louisa County Parks, Recreation & Tourism offers a variety of activities and events for the entire family, including swimming, fitness, exercise, dances, educational activities, walking, athletics for youth and adults and more.

Fitness classes can include Boot Camp, Yoga classes, Aikido, line dancing, Zumba, Jiu Jitsu, Karate, Boxing Cardio, Tai Chi, swimming, etc.

Exercise for seniors can include Gentle Chair Yoga for healing and wellness. There is a Billiards Club for Seniors

Check the Leisure Times Activity Guide for more details.

Service Area(s)

Louisa County

Email

parksdesk@louisa.org