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

United States

522 Industrial Drive, Suite A P O Box 864 23093 VA

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 Car	dio, Tai Chi, s	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