

## Fitness and Exercise, The Lounge

Age Requirements

18 and over

Family

No

Intake Contact Email

amy.fledor@jamescitycountyva.gov

Intake Process

Call or visit the website for information.

Provider Refer

Yes

Self Refer

Yes

James City County Parks and Recreation

<https://jamescitycountyva.gov/recreation>

<https://jamescitycountyva.gov/Facilities/Facility/Details/The-Lounge-59>

Main

(757) 259-4178

The Lounge

5301 Longhill Road

23188 VA

United States

Additional Availability Comments

Monday through Friday 9am until 4pm. Closed Saturday and Sunday

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Lounge (formerly Historic Triangle Senior Center) offers many fitness programs, including walk-about, PACE exercise (People with Arthritis Care), line dancing,

bowling and more.

Call for health fairs and screenings information as well as trips and socials.

Service Area(s)

James City County

,

Williamsburg City

,

York County

Email

[parks.rec@jamescitycountyva.gov](mailto:parks.rec@jamescitycountyva.gov)