

## **Lucy F. Simms Continuing Education Center, Recreation**

Family

No

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Harrisonburg Department of Parks and Recreation

<http://www.harrisonburgva.gov/parks-recreation>

<https://www.harrisonburgva.gov/simms-center>

<https://www.facebook.com/harrisonburgparksandrecreation/?ref=bookmarks>

Main

(540) 437-9213

620 Simms Avenue

22802 VA

United States

Additional Availability Comments

Monday through Friday 8am until 5pm

Languages Spoken

English

Harrisonburg Parks and Recreation offers a variety of classes to help you stay fit at the Lucy F. Simms Continuing Education Center. Classes offered include Jazzercise, Tai Chi, Yoga, and Zumba. Registration required. Call 540-437-9213 for more information. The [Activity Guide](#) on the website has information about all the sports, fitness, activities and classes currently sponsored by the Parks and Recreation.

The Fitness Room is open:

- 8:00am-12:00pm, Monday and Wednesday
- 6:30pm-9:00pm, Monday and Wednesday
- 7:30am-2:00pm, Tuesday and Thursday

The Gymnasium is open:

- 11:30am-1:30pm, Tuesday and Thursday
- 6:30-9:00pm, Monday and Wednesday

Service Area(s)

Harrisonburg City

,

Rockingham County

Email

[parksandrecreation@harrisonburgva.gov](mailto:parksandrecreation@harrisonburgva.gov)