

Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Contact Email

info@peninsulaymca.org

Intake Process

Call, email or visit the website for information and membership. To find a location call 757-247-9622.

Provider Refer

Yes

Self Refer

Yes

Peninsula Metropolitan YMCA

<http://www.peninsulaymca.org>

<https://www.peninsulaymca.org/our-programs/adult-programs/>

<https://www.facebook.com/pages/PENINSULA-METROPOLITAN-YMCA/258067967801>

Main

(757) 223-7925

Corporate Office

41 Old Oyster Point Road, Suite C

23602 VA

United States

Additional Availability Comments

Hours for Classes and events vary

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Peninsula Metropolitan YMCA offers a free fitness orientation for members. You can receive instruction on proper use, techniques, programming and safety recommendations from instructors. A fitness assessment is a great tool in setting goals. A fitness specialist will assist you in designing an exercise program. Your YMCA fitness consultation is included in your membership.

Personal trainers are available to help you gain better results from your workout.

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

Email

info@peninsulaymca.org