

# Fitness Programs in the Richmond Metro Area

Variety of ages & abilities

Variety of venues

Some with and without membership

Many at minimal or no cost

Compiled by CPC - 2024

## Fitness Programs in the Richmond Metro Area

### YMCA Programs



YMCAs are non-profit organizations offering a variety of classes and services, including childcare at some locations. Participation requires a monthly membership. Each location offers different programs & services. All offer group exercise classes. Many have water/pool classes. Personal trainer available at some locations (extra cost).

Membership-monthly contract (may vary by location). Example: 2024 rates at Shady Grove: ages 11-18 \$22.00 monthly, 19-29 \$32.00 monthly, 30-64 \$52.00 monthly, 65 and above \$50.00 monthly. Personal trainer extra cost.

Open 7 days/week – Times vary by location

Locations include:

|                                       |                |
|---------------------------------------|----------------|
| Shady Grove YMCA                      | (804) 270-3866 |
| Tuckahoe Family YMCA                  | (804) 740-9622 |
| John Rolfe Family YMCA                | (804) 360-8767 |
| Goochland Family YMCA                 | (804) 556-9887 |
| Eliz. Randolph Lewis Powhatan YMCA    | (804) 598-0250 |
| Northside Family YMCA                 | (804) 329-9622 |
| Midlothian Family YMCA                | (804) 379-5668 |
| 10th St. YMCA                         | (804) 200-6070 |
| Atlee Station Family YMCA             | (804) 427-9622 |
| Chickahominy Family YMCA              | (804) 737-9622 |
| Patrick Henry Family YMCA             | (804) 798-0057 |
| Manchester YMCA                       | (804) 276-9622 |
| Frank J. Thornton YMCA Aquatic Center | (804) 918-7433 |
| Swift Creek Family YMCA               | (804) 595-9622 |
| Chester Family YMCA                   | (804) 748-9622 |
| Petersburg Family YMCA                | (804) 733-9333 |
| Greater West Point Family YMCA        | (804) 843-3300 |

### County Parks & Recreation

#### Henrico County

Three locations offering fitness center and gym with various classes and walking trails.

|                            |                       |
|----------------------------|-----------------------|
| Deep Run Fitness Center    | 9900 Ridgefield Pkwy. |
| Eastern Henrico Rec Center | 1440 N. Laburnum Ave. |
| Belmont Recreation Center  | 1600 Hilliard Road    |

Membership Options:

Individual: \$10/month; Family: \$20/month  
College Student: \$30 for 3 months (pre-paid)

#### Chesterfield County

Offers fitness classes and walking groups; must register online. Also offers Older adult program.

<https://www.chesterfield.gov/150/Parks-and-Recreation>; Info: (804) 748-1623

Older adult program info: (804) 751-4135

#### Hanover County

No county fitness centers. A variety of adult sport programs offered at different recreation facilities. Many parks have walking trails. They have a variety of youth programs.

Cool Spring Recreation Center - basketball, pickleball, volleyball. Contact: [reccenter@coolspring.org](mailto:reccenter@coolspring.org)

Pole Green Park - Pickleball, softball

Local high schools – men's & women's tennis

Town of Ashland – 5 different walking paths

#### Goochland County

Goochland Sports Complex has a fitness center; open 7 days/week to residents and non-residents. Required to fill out form. Offer many group classes, including strength training, cycling, yoga, Zumba, karate and pickleball. Average \$20/monthly. Location: 1800 Sandy Hook Road. Info: (804) 556-5812.

### Virtual Classes

#### Senior Connections

A non-profit organization sponsored by the Capital Area Agency on Aging.

Offers free evidence-based programs open to any and all, including spouses and caregivers.



Virtual Walking Program – Walk with Ease, sponsored by Arthritis Foundation. Tai Chi. Balance Program – Two-hour class offered 1x/week for 8 weeks, or 2x/week for 4 weeks. Variety of free workshops.

Info: (804) 343-3004

<https://seniorconnections-va.org/services/education-information/health-wellness-classes/>

#### AARP Virtual Community Center



Offers a variety of free interactive online events and classes.

AARP membership **not** required.

Classes include: Dance Flexercise, Tai Chi; Balance & Strength for Seniors, Low-Impact Zumba Class; Line Dancing; Adaptive and Gentle Yoga and others.

Check website for various events.

AARP Virtual Community Center at

<https://local.aarp.org/virtual-community-center>

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### ACAC

Two locations:  
2201 Old Brick Rd., Glen Allen  
(804) 464-0990  
11621 Robious Rd, Midlothian  
(804) 378-1600



Offers PREP® program - (Physician Referred Exercise Program) includes customized support and guidance - 60 days for \$99.  
2 optional training sessions per week in small groups with medical fitness experts.  
Nutrition support and fitness education from our expert team of nurses and certified trainers.  
Full access to all ACAC fitness facilities.  
Hundreds of weekly group exercise classes.  
Aquatics centers, including heated therapy pools.  
Need a Provider referral.

### Weinstein Jewish Community Center (JCC)

5403 Monument Avenue – (804) 285-6500



Offers Fitness Center, Water classes, variety of fitness equipment and personal trainers.  
Membership- 12-month contract – ranging from \$85/month for adults age 35+ to \$118/month for families; young adults (16-34) \$47/month

Open 7 days/week, hours vary. Includes childcare with full membership. Pricing for Fitness Center, Classes and Pool

Age 16-34 \$47.00 monthly; Age 35-69 \$85.00 monthly; Age 70 and above \$69.00 monthly

If a patient has silver sneakers or renew active as part of their insurance policy, they will pay for the membership but access to fitness center is discounted to \$23.00 monthly.

### Powhatan County

Open Gym Walking is available to the public Tuesday, Wednesday & Thursday from Noon until 1:00pm at the Pocahontas Landmark Center Gym. The program is free to Powhatan County Residents.

Other programs offered: Line dancing, Tai Chi, Stretching and Yoga, Flow-Mo (gentle seated movements), Therapeutic basketball.

<https://www.powhatanva.gov> > Parks-Recreation  
Info: (804) 598-5275

### King William County

Offers monthly BeeFit classes \$44.00/month for residents. BeeFit classes are offered by intensity and from ages 16 to Seniors. Offer Yoga and Pickleball, weight training, cardio, weekend warrior classes, low impact classes for core strength, flexibility and strength training.

King William County Rec Park location:  
330 King William Park Rd. Info: (804) 769-4981  
<https://kingwilliamva.myrec.com/info/default.aspx>

### Caroline County

Offers parks & various walking trails, including Bowling Green walkabout; Caroline Co. Skate board park, Caroline Woodland Trail, Robert Farmer Park.

1702 Richmond Tpke., Milford, VA  
Info: (804) 633-7277

[www.co.caroline.va.us/238/Parks-Recreation](http://www.co.caroline.va.us/238/Parks-Recreation)



### Fitness Apps

#### 8FIT

8fit brings together on-demand workouts and meal planning. Provides a lot of guidance and instruction. The app creates a personalized program for your diet and exercise based on whatever goal you set. You tell 8fit what your fitness goal is, and then you work out to videos in the app, log what you eat, and create meal plans using recipes and shopping lists.



#### Apple Fitness

Inside the Fitness app by Apple is Fitness+, a membership with all kinds of video workouts, such as yoga, HIIT cardio, kickboxing, dancing, or more restorative wellness classes. The app also lets you create custom plans based on your preferred days to work out, class duration, trainers, music, and more. A free one-month trial is available, after which it costs \$9.99/month or \$79.99/year. If you use Apple's Family Sharing, up to five family members can also use the membership at no additional cost. If you purchase an iPhone, Apple Watch, iPad, or Apple TV, Apple Fitness+ comes free for three months.



#### AAPTIV

Aaptiv specializes in audio-based workouts led by trainers. A trainer tells you what to do with music in the background. The app suggests workouts that will suit you based on the information you provide, such as stretching, strength training, yoga, indoor cycling, outdoor running, stair climbing, and other activities and what styles of music you prefer. Avg cost \$15/mon.



#### You Tube videos

YouTube has a variety of exercise videos for all ages and abilities. Ex: seated, low impact, older adult and many more options.

