

## **Health and Wellness Programs**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

No residency requirement.

Family

No

Intake Contact Email

tessa.mork@ymcadc.org

Intake Process

In person registration.

Self Refer

Yes

YMCA Arlington

<https://www.ymcadc.org/locations/ymca-arlington/>

<https://www.facebook.com/ymcadc>

<https://twitter.com/ymcadc>

Main

(703) 525-5420

3422 13th Street, N

22201 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-8:00 pm

Saturday: 8:00 am-4:00 pm

Sunday: 9:00 am-2:00 pm

Additional Availability Comments

Office hours are Monday-Friday 9 a.m. until 5 p.m.

Fee Structure

Call for Information

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

YMCA Arlington offers information about health and wellness programs that are offered by the YMCA. These include Cooking and Food Programs; Fit and Well Seniors; Diabetes Prevention Program; Personal Training; Self Defense; and Group Exercises.

This YMCA is a division of YMCA Washington DC.

Bus Line: Metrobus. Subway Stop: Virginia Square.

Service Area(s)

Arlington County

Email

[member.service@ymcadc.org](mailto:member.service@ymcadc.org)