



THE Work Out Anytime PLACE

Looking for a gym that works with your schedule? At the Altavista Area YMCA, we have 24/7 Access and early morning hours to accommodate all schedules.

Wellness Center offers:

- 24/7 Access
- Group Fitness Classes
- New Member Orientations
- Certified Instructors
- Personal Training
- Knowledgeable Staff
- Free Weights
- Cardio Equipment
- Circuit Equipment
- Clean and Safe Environment



Karate Classes



THE Learn Self Defense PLACE

The Altavista Area YMCA offers through Dojo of the Three Rings, Karate for all ages. Sensei Heidi Inman and her team will provide instruction in a welcoming environment.

Altavista Area YMCA
altavistaymca.org

American Red Cross Blood Drive



THE Save A Life PLACE

The YMCA will host a Red Cross Blood Drive on Friday, March 13th from 10 am - 2 pm at the Athletic Center.

Scan QR code to schedule an appointment



Altavista Area YMCA
altavistaymca.org

Centra Mammogram Mobile



THE Preventative Care Place

The Centra Mobile Mammogram Unit will be at the Altavista Area YMCA on Thursday, May 14. Appointments are required and must be scheduled in advance by contacting the Athletic Center front desk at 434-369-9622 ext. 10.

Altavista Area YMCA
altavistaymca.org

Health Fair: Tuesday, April 21



THE Health Fair PLACE

The YMCA will host its annual Health Fair on Tuesday, April 21. Come out and learn what organizations are in our local/ surrounding areas and what they can offer you.

Altavista Area YMCA
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Karate Classes



- \$40/Month for Program participants
- \$30/Month for YMCA Members

SCHEDULE

Monday in the Multipurpose Room

6:45-7:30 Beginner Class

7:30-8:15 Advanced Class

8:15-8:50 Attack & Defense Instruments

For more information please contact Sensei Heidi at Dojo3ring@yahoo.com

DOJO OF THE THREE RINGS IS TEACHING OKINAWAN KARATE, SHORIN RYU AND OKINAWAN KOBUDO AT THE ALTAVISTA AREA YMCA!



Tuesday & Thursdays

Group Fitness Room

7:35-8:20 All Levels

8:20-8:50 Brown and up. Partner Work

Altavista Area YMCA

718 7th St.

Altavista, VA 24517

434.369.9622, ext. 10

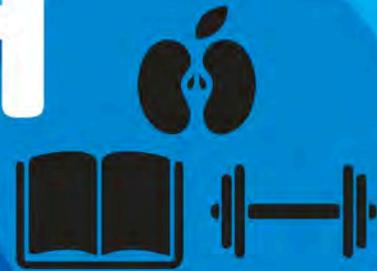
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALTAVISTA AREA
YMCA 2026

HEALTH FAIR



**Tuesday,
April 21st**

Location: the Altavista
Area YMCA Gymnasium
8:30am - 11:00am

Come to our Community Health
Fair and learn what organizations
are in our local/surrounding areas
and what they can offer you!

For more information:
434.369.9622 ext32 or jkopanko@altavistaymca.com

718 7th St, Altavista, VA 24517

**Organizations
such as:**

**FIVE18 Family Services
Centra
Autumn Care
Connect Hearing
Johnson Health Center
and many more!**

ALTAVISTA AREA YMCA GROUP FITNESS CLASS SCHEDULE



2025
Fall/Winter
Altavista Area
YMCA
Group Fitness
Schedule

Schedule
subject to
change

Full Facility
Membership:
Complimentary

Basic
Membership:
\$30/20/10
punch card
options

Non-Member:
\$75/50/25
punch card
options

Play & Stay for
YMCA members
only. MUST
reserve spot
prior to class
start

**Additional Fee



QR Code for
YMCA360 App
Download

	Class	Time	Location
Monday	Cardio Cuts	8:30-9:15	Aerobics Room
	Core Express	9:25-9:45	Aerobics Room
	Mat Pilates	10-10:40	Aerobics Room
	Chair Pilates	10:45-11:15	Aerobics Room
	Strength Express	5:05-5:25	Aerobics Room
	Fit Factory	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Karate**	6:45-8:50	Multipurpose Room
Tuesday	Cardio Mash	5:30-6:15	Aerobics Room
	Dance	8:30-9:15	Aerobics Room
	Basic Step	9:25-9:55	Aerobics Room
	Core Express	10-10:20	Aerobics Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Sr. Chair Yoga	11-11:30	Multipurpose Room
	Dance	5:30-6:15	Aerobics Room
	Tai Chi	6:30-7:30	Aerobics Room
	Karate**	7:35-8:30	Aerobics Room
Wednesday	Fit Factory	8:30-9:15	Aerobics Room
	Refit	9:30-10:30	Multipurpose Room
	Yoga	9:40-10:40	Aerobics Room
	Chair Pilates	10:45-11:15	Multipurpose Room
	Mat Pilates	11:15-11:45	Aerobics Room
	PowerPlay Jr	3:40-4:10	Aerobics Room
	PowerPlay Next Level	4:15-4:45	Aerobics Room
	Body Blitz	5:30-6:15	Aerobics Room
	Yoga	6:30-7:30	Aerobics Room
	Line Dancing**	7-8:50	Multipurpose Room
Thursday	Dance	8:30-9:15	Aerobics Room
	Basic Step	9:25-9:55	Aerobics Room
	Mat Pilates	10-10:45	Aerobics Room
	Sr. Strength Training	10-10:45	Multipurpose Room
	Sr. Chair Yoga	11-11:30	Multipurpose Room
	Basic/Hip Hop Step	5:30-6	Aerobics Room
	Move-It Mania	6:10-6:40	Aerobics Room
	Karate**	7:35-8:30	Aerobics Room
Friday	Cardio Cut	8:30-9:15	Aerobics Room
	Yoga	9:40-10:40	Aerobics Room
	Chair Pilates	10:45-11:15	Multipurpose Room
Saturday	Dance	8:30-9:15	Aerobics Room
	Mat Pilates	9:45-10:25	Aerobics Room
	M.T.R.	10:30-11	Aerobics Room

CLASS DESCRIPTION

MINIMUM OF 3 PARTICIPANTS FOR A CLASS TO OCCUR, CONTINUOUS LOW TURNOUT WILL RESULT IN CLASS TERMINATION, SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

BASIC/HIP HOP STEP: Class uses an elevated platform to increase the heart rate while executing basic moves on it. No fancy combinations or complicated choreography.

BODY BLITZ (Formerly known as HIIT): High Intensity Interval Training. Alternating short periods of intense anaerobic exercise with less intense recovery periods. One performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue.

CARDIO CUTS: Cardio & strength training taken to the next level. The intensity & intervals vary so you get the most out of your workout. Metabolism stays elevated for some time afterwards.

CARDIO MASH: Blend of weights, cardio, dance, & step. Each class will have a particular focus with each instructor.

CORE EXPRESS: Executing exercises using dumbbells, stability ball, BOSU, or gliders resulting in stronger abdominals/low back & obliques to increase functional strength, and spinal stabilization.

CYCLE: Designed for all fitness levels, consists of riding intervals, hills, flats, and jumps. Participants decide how intense/fast they want to work. Beginners show up 10 min before class for set-up.

CHAIR PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility using weights, Thera bands, and gliders. Mostly performed in a chair, some work will be done standing.

FIT FACTORY (Formerly known as Bootcamp): Drills, skills, power, agility, speed and old fashion exercises are incorporated in this class to challenge the body and mind. Multiple forms of training to the maximum amounts of calories are used. A base-level of fitness is recommended.

LINE DANCING: A dance where individuals line up without partners & follow various step patterns to country music. **Fee based.**

MOVE-IT MANIA: High intensity class challenging participants with strength training &/or cardio based movements. Break a sweat and enjoy the comradery of fellow participants.

MAT PILATES: This class is perfect for the beginner as well as the advanced Pilates advocate. The class focuses on breath, balance, core strength, and flexibility. The class will be lying on your stomach, side, back or seated. This class requires an ability to get up and down from the floor. You can bring a mat that is thicker than a normal yoga mat.

M.T.R.: Movement for Trauma Release: a physical class that helps you release trauma through somatic exercises for nervous system regulation. Bring a journal and an open mind

POWERPLAY JR (6-8yo): A playful fitness class that teaches kids the basics of movement through games, fun circuits, and confidence-building activities at a slower, beginner-friendly pace.

POWERPLAY NEXT LEVEL (9-11yo): An engaging fitness class that helps kids develop strength, agility, and coordination while learning proper form and progressing their skills in a supportive environment.

RAD BARRE: a classical ballet barre focused on fitness using ballet exercises for strength and flexibility. No experience required. Not Barre method

REFIT: is a cardio focused class with powerful moves and positive music. A workout that inspires community and positive changes from the inside out! It's perfect for beginners and challenging for fitness enthusiasts.

SR. CHAIR YOGA: A chair version of the Yoga classes that addresses mindful breathing, stretching, strengthening, balancing & relaxing the mind & body. Excellent class for beginners & individuals with medical/balance issues.

SR. CHAIR EXERCISE: A chair version of the strength training classes that addresses balance, strength, endurance, range of motion, effective breathing and other areas to help with overall health.

STRENGTH EXPRESS: increase strength, tone, definition & fat loss with this complete workout in an abbreviated format. Train every muscle group with exercises that target a lot of muscles with one movement.

TAI-CHI: An ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. Help lower stress & blood pressure & increase balance.

YOGA: Practice the basic yoga poses that stretch, relax, & improve flexibility & range of motion. Participants are encouraged to work at their comfort level. Mindful breathing will be practiced enhancing the class experience. All skill levels welcomed. Dress in layers. Mats & blocks provided.

YOGA PILATIES FUSION: A gentle take on Yoga stretches with Pilates principles.

DANCE: An exhilarating, effective, easy-to-follow, calorie-burning dance fitness party. Dance ranges from Zumba to cardio dance!

It is recommended that you see your health care provider before starting any exercise program

the 

Register online
Today!

ALTAVISTA AREA YMCA TEEN NIGHT

February 13th
9:15 - 11 pm
Friday Night
Ages 11-15

MEMBERS/COMPLIMENTARY
NONMEMBERS/\$5



THE Be A Kid PLACE

Teen Night returns
February 13th from 9:15-
11 pm at the YMCA.
Ages 10-15 can attend,
Altavista Area YMCA
members is free, non-
members is \$5.

Altavista Area YMCA
altavistaymca.org

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May 4-7
Enter to Win a
Mother's Day Gift
Package
Drawing Friday,
May 8th, 10:00am

THE Celebrate Mom PLACE

Enter to win a chance at
a Mother's Day Gift
Package for yourself or
your mother. Drawing
will be held Friday May
8th at 10:00 am.

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the  175th

the 

Happy Father's Day

June 9-12 Enter to Win
Fathers Day Gift
Drawing Friday June 13th



THE Celebrate Dad PLACE

Enter to win a chance at
a Father's Day Gift
Package for yourself or
your dad. Drawing will
be held Friday June 13th
at 10:00 am.

Altavista Area YMCA
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the  175th



THE Help Your Neighbor PLACE

The YMCA is always
looking to help our
community! We have
annual food drives, and
always have the
blessing box located
outside of the Athletic
Center near the
Altavista Baseball Field.

Altavista Area YMCA
altavistaymca.org



THE Dance PLACE

The Dance Academy is one of our newest programs. We have multiple performances per year and our wonderful instructor, Melinda Gafford, who graduated from California State University - Fullerton and Coronado School of the Arts, and Academy of Dance.

The Altavista Area YMCA Dance Academy offers:

- Dance classes for kids ages 3+ who are potty trained
- Jazz, Ballet Classes offered year round
- Summer Camps
- Performances every season
- Certified Instructor

UNDER THE SEA dance recital, May 2

Make this place your place for expressing yourself through dance!





COUNSELING SHOULD BE APPROACHABLE, ACCESSIBLE, & AFFORDABLE FOR EVERYONE.

FIVE18 Counseling is proud to now offer in-person and online counseling to the Altavista area at the local YMCA.



Altavista YMCA Located at:
718 7th St, Altavista, VA 24517

Sessions now being scheduled for January 2025!

We're here to support you, meeting you where you are.

Patrick Henry Family Services is now **FIVE18 Family Services!**

We may have changed our name, but we haven't changed who we are. FIVE18, derived from 2 Corinthians 5:18, allows us to lead with our heart and mission at the forefront. It is our privilege to experience the ministry of reconciliation with you.



mended futures for every family



434.300.HOPE
counseling@FIVE18.org
counseling.FIVE18.org



GRIEF SUPPORT GROUP

Held bi-weekly at the Altavista YMCA Facilitated by Five18 Counseling Clinical Training Team. Our grief support group is a safe, welcoming space for anyone navigating loss. Together, we share stories, find comfort, and learn healthy ways to cope. You don't have to go through grief alone—this group offers understanding, connection, and hope as you heal.



FIVE18 Family Services offers care, counseling, and community resources needed to find relief and restore hope.

At FIVE18, we know life is difficult, and sometimes people just need someone safe to talk to. We've done messy for over 60 years. We're equipped and ready to help you.

Where?
Meeting Held on the
Second Floor in
Conference Room
Altavista Area YMCA

When?
Mondays, Bi-Weekly
@ 5:30pm-6:30pm

Upcoming Dates:

February 9, 2026
February 23, 2026
March 9, 2026
March 23, 2026
April 13, 2026
April 27, 2026



KIDS SUMMER CAMP

June 1st- August 7th

FUN & CREATIVE ACTIVITIES
5-12 YEARS OLD

REGISTRATION NOW OPEN

Activities

- STEM Activities
- Field Trips
- Art Activities
- Swimming

Summer Camp Locations

- Altavista Family Center
- Yellow Branch Elementary
- Rustburg Elementary
- Concord Elementary
- Tomahawk Elementary
- Leesville Road Elementary
- Brookneal Elementary

\$160 per week



More Information

Brynn Simons
434-369-9622 Ext. 24

Scan QR Code
To Register



2026 Summer Camp Themes:



6/1-5/26- Adventure Begins-We will start a journey, brave and new! Games and challenges, big and small. We will explore the world outside. Our camp adventure has begun!

6/8-12/26- Circus Camp- Step right up! We will laugh and jump and play all day, Circus fun is on the way! Circus Camp is a week of jaw-dropping fun, filled with games, creativity, silly skills, and big smiles under the camp big top!

6/15-19/26- Ocean Explorers- We will dive into deep blue waters, discover ocean life, old and new. With fins and waves and creatures galore, we will explore the ocean from shore to shore.

6/22-26/26- Art Explosion- We will draw and paint and make a mess, create our best—yes, yes, yes! Colors popping everywhere, so many creations to share!

6/29-2/26 (closed 7/3/26)- Fireworks and Flags- We will wave our flags and cheer hooray, celebrate a special summer day. Red, white, and blue shine bright and true - This patriotic week is packed with spirited games, festive crafts, and star-spangled summer fun!

7/6-10/26- Around the World- Passports ready, bags packed tight, new places, foods, and flags in sight! We will travel to land and sea to view the world creatively.

7/13-17/26- Water Works- We will splash and spray and cool off too, play water games the whole week through. Summer fun that makes a splash!

7/20-24/26- Walk of Fame- Roll out the red carpet and step into the spotlight! We will sing and dance and show our skills, share what makes us proud and thrilled. Big or small, each gift we see—Walk of Fame is where campers shine like stars, celebrate their talents, and create unforgettable moments worthy of applause.

7/27-31/26- Engineering Challenges- We will build and test and try, ask big questions—how and why. With science, tech, and math in play, thinking week starts today.

8/3-7/26- Seasons of Discovery- We will feel the sunshine, wind, and snow, watch how seasons come and go. From springtime blooms to winter's cheer, we will explore the seasons and get ready for the school year!

