

Hunington Hall Fitness Programs

- Hunington Hall offers a variety of on-going fitness programs and special events. The following is a brief list of programs. For more information please call Donovan Hindle, Sports & Fitness Coordinator, at 757-688-7553.
 1. Personal Weight Resistance Training
 2. Circuit Weight Training
 3. Cardio Kickboxing
 4. 5K runs
 5. Summer Basketball league
 6. Three Point Shootout
 7. 1 on 1 Basketball Tournament
 8. Sand Volleyball Tournament