

# Riverside Wellness & Fitness Center, Middle Peninsula

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact

Bob Kane

Intake Process

Please call for more information, visit the website, complete application

Provider Refer

Yes

Self Refer

Yes

Riverside Wellness & Fitness Center, Middle Peninsula

<https://www.riversideonline.com/rwfc/index.cfm>

<https://www.riversideonline.com/rwfc/training/>

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

Main

(804) 693-8888

7516 Hospital Drive

PO Box 1516

23061 VA

United States

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Middle Peninsula facility is located on the campus of Riverside Walter Reed Hospital in Gloucester and has 35,000 square feet of indoor exercise and wellness opportunities. As a partner with Riverside Walter Reed Hospital, the Wellness Center offers both prevention and rehabilitation programs such as: Physical Therapy, Cardiac Rehabilitation (Phases II, III, & IV), Arthritis Aquatic Classes, Physician Referred Medical Memberships, and many others.

To get members on the road to wellness, Riverside Wellness & Fitness - Middle Peninsula offers: 1 outdoor tennis court, 1 outdoor volleyball court, 2 racquetball courts, aerobics floor and studio, strength training circuits, complete free weight room, cardiovascular equipment with a Cardio Theater, 1/16-mile banked indoor track, 1 basketball/volleyball court, 25-yard indoor pool, and full service locker rooms and nursery. To help members relax after a hard workout, they offer saunas, massage therapy, coed whirlpool, and a members' lounge, complete with a large screen TV.

Wellness and Fitness Centers under the Riverside Health System. Purpose is to improve the health status of community.

Service Area(s)

Gloucester County

,

Mathews County

,

Middlesex County