

## Augusta Fitness Center

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all members of the community

Family

No

Intake Process

Call for information; complete membership application .

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Augusta Health

<http://www.augustahealth.com>

<https://www.augustahealth.com/service/fitness/>

Main

(540) 332-5433

Toll-Free

(800) 932-0262

107 Medical Center Circle

22939 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-5:00 pm

Saturday: 7:00 am-5:00 pm

Sunday: 12:00 pm-5:00 pm

## Additional Availability Comments

Winter hours differ from summer hours. Please call to verify hours.

Holiday closings: New Years Eve, Dec. 31, 5:00am - 12:00noon. New Year Day, Jan. 1, 1:00pm - 6:00pm.

Fee Structure

Fixed Fee

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Augusta Fitness Center at Augusta Health offers several programs directed at seniors, including an aquatic program. The Fitness Center has an indoor walking/jogging/running track, lap pool and therapy pool, cardiovascular equipment, circuit training equipment, Hammer Strength, and free weights. In addition, there are 3 indoor tennis courts, racquetball courts, a large aerobic studio and a specialty studio for Yoga, Tai Chi, Chi Kung, and Martial Arts. Also have full-service locker rooms, educational lectures and seminars, and much more!

A Registered Dietician/Exercise Specialist is on staff. The Fitness Center offers the community a sports store full of workout and athletic apparel.

Augusta Fitness Center was designed to meet all requirements for accessibility to buildings and facilities by individuals with disabilities under the Americans with Disabilities Act (ADA) of 1990.

Service Area(s)

Augusta County

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Staunton City

,

Waynesboro City