

## Group Fitness, Lifestyle Center

Age Requirements

16-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Unrestricted.

Family

No

Intake Contact Email

info@chesapeake regional.com

Intake Process

Telephone referral; membership application required.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Chesapeake Regional Medical Center

<https://chesapeake regional.com/>

<https://chesapeake regional.com/services-specialties/lifestyle-wellness#classes&...>

Main

(757) 312-6132

800 Battlefield Blvd, North

23321 VA

United States

Fee Structure

Fee Range

Payment Method(s)

Private Pay

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Private Insurance  
Languages Spoken  
English

Lifestyle Health and Fitness Center promotes optimal health and well-being to the community through quality education and preventive health services.

Group fitness classes are available to the community. The Lifestyle Fitness Center Membership is open to adults (ages 18 and over) and those with identified risk factors, or those who have been referred by a physician.

Health education classes currently include CPR and First Aid classes, monthly health screenings, health risk appraisals, nutrition/cooking classes, diabetes education, prepared childbirth classes and lactation.

Service Area(s)  
Chesapeake City