

# Valley Health Wellness & Fitness Center

## Age Requirements

0-5

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6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Process

Walk in

Self Refer

Yes

Winchester Medical Center

<http://www.vhwellfit.com/>

Main

(540) 536-3000

Toll-Free

(660) 439-2325

Valley Health Wellness & Fitness Center

401 Campus Boulevard

22604 VA

United States

Fee Structure

No Fee

The Wellness Programs offered at the Wellness & Fitness Center include:

- Health education
- Health screenings
- Tobacco cessation
- Weight loss programs
- Corporate wellness services

Check "[Your Guide to Wellness](#)" for current events and programs. Events are free of charge unless indicated and registration is required three days in advance for most classes, call 540-536-3050 or 800-662-7831.

Fitness Services are offered at the Center. The Center is a fully-integrated, medically-based facility with group exercise classes, indoor lap pool and warm-water exercise pool, personal training and a Fit for Surgery program.

Educational programs on health and lifestyle topics are offered in partnership with Wellness Services. To learn more about [Valley Health Wellness & Fitness Center](#), call 866-439-2325 or 540-536-3000.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City