

Wellness Classes and Fitness Services

Age Requirements

16-21

,

18 and over

Available 24/7

No

Family

No

Intake Process

Call the Wellness Services office to register and for information about programs

Report Problems

Call the Agency

Self Refer

Yes

Valley Health

<https://www.valleyhealthlink.com/>

<https://www.winchesterhospital.org/our-services/wellness--fitness-programs>

Main

(540) 536-3050

Toll-Free

(800) 662-7831

401 Campus Boulevard

22601 VA

United States

Additional Availability Comments

Business hours from 8:00am - 5:30pm, Monday - Friday. Call for day, time and location of event.

Fee Structure

Call for Information

Languages Spoken

English

Valley Health offers a variety of programs, classes, screenings and services to help prevent illness, learn about health issues and stay active. Community programs and most screenings are free of charge. Registration 3 days in advance is required for most classes.

Call 1-800-662-7831 for more information or to select a location close to you. Locations are in Front Royal, Luray, Winchester and Woodstock, Virginia, and Berkeley Springs and Romney, West Virginia.

A weight loss program is available, as well as nutrition education, health screenings and health education.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City