

## Fitness Programs

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact

General Staff

Intake Process

Please call for information or visit Recreation Center.

Provider Refer

Yes

Self Refer

Yes

Clarke County Parks & Recreation Department

<https://clarkecounty.gov/government/parks-and-recreation.html>

<https://clarkecounty.gov/programs-a-activities.html>

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

Main

(540) 955-5140

225 Al Smith Circle

22611 VA

United States

Additional Availability Comments

Business hours are from 9:00AM - 5:00PM. Please call for information regarding class schedules.

Fee Structure

Call for Information

Languages Spoken

English

The Clarke County Parks & Recreation Department offers a variety of fun and energetic fitness classes including yoga, aerobics, pilates, dance and strength training. The Exercise Studio is equipped with treadmills, stationary bikes, elliptical trainers, weight machines and free weights. Individual fitness sessions with a personal trainer to help you attain your goals are also available. Please call for information regarding fees, discount passes, daily drop-in rates, and class schedules.

The "Core" is the quarterly newsletter containing activity and program information.

Service Area(s)

Clarke County

Email

[ccpr@clarkecounty.gov](mailto:ccpr@clarkecounty.gov)