

## **Fitness Gym**

Intake Process

Please call or visit for more information.

Self Refer

Yes

Atlantic Sports & Rehabilitation Services, Inc.

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

<https://www.atlanticsportsandrehab.com/services/fitness-gym/>

Main

(434) 978-4915

1410 Incarnation Drive, Suite 101

22901 VA

United States

Monday: 5:00 am-8:30 pm

Tuesday: 5:00 am-8:30 pm

Wednesday: 5:00 am-8:30 pm

Thursday: 5:00 am-8:30 pm

Friday: 5:00 am-7:30 pm

Saturday: 8:00 am-3:00 pm

Sunday: Closed

Payment Method(s)

Private Pay

Languages Spoken

English

Fitness program: a structured exercise program is available at the Fitness Center. 40 pieces of equipment are available, as well as access to one-on-one personal training sessions. Weight management programs and advanced training and Boot camp classes are another option.

Yoga and massage available.

Call for more information.

Service Area(s)

Albemarle County

,

Charlottesville City

Email

[info@atlanticsportsandrehab.com](mailto:info@atlanticsportsandrehab.com)