## **Valley Health Wellness & Fitness Center**

Age Requirements
No Age Requirement

Available 24/7

Yes

Family

No

**Intake Process** 

Visit the website; call

**Report Problems** 

Call the Agency

Self Refer

Yes

Winchester Medical Center

https://www.valleyhealthlink.com/

https://www.vhwellfit.com/?doing wp cron=1629125571.8757870197296142578125

https://www.facebook.com/vhwellfit/

https://twitter.com/vhwellfit

Main

(540) 536-3000

Toll-Free

(866) 439-2325

Valley Health Wellness & Fitness Center

401 Campus Boulevard

22601 VA

**United States** 

Monday: 5:00 am-9:30 pm Tuesday: 5:00 am-9:30 pm Wednesday: 5:00 am-9:30 pm Thursday: 5:00 am-9:30 pm Friday: 5:00 am-9:30 pm Saturday: 7:00 am-5:00 pm

Sunday: 7:00 am-5:00 pm

Fee Structure

No Fee , Call for Information Languages Spoken English

The Wellness Programs offered at the Wellness & Fitness Center include Health education; Health screenings; Tobacco cessation; Weight loss programs; and Corporate wellness services.

Visit the <u>Events page</u> 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, an indoor lap pool and warmwater 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 540-536-3000.

Service Area(s)
Clarke County
,
Frederick County
,
Warren County
,
Winchester City