

## **Wellness Services and Exercise**

Age Requirements

16-21

,

18 and over

Family

No

Intake Contact Email

dhaf@dominionhealth.net

Intake Process

Visit the website, call for information and to schedule an appointment.

Self Refer

Yes

Dominion Health and Fitness, Inc.

<http://dhandf.com/>

<https://www.dhandf.com/wellness-services>

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

Main

(276) 926-4516

4862 Dickenson Highway

24228 VA

United States

Additional Availability Comments

Monday-Friday 6 am -9 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Dominion Health and Fitness, Inc offers Wellness Services. The facility is handicap accessible and contains full line of Body Masters exercise equipment; aerobics

classes; treadmills; free weight room; cross trainers; recumbent bikes; station bikes and more. Yoga classes ad Silver Sneakers class are offered.

Service Area(s)

Buchanan County

,

Dickenson County

,

Russell County

,

Tazewell County

Email

[dhaf@dominionhealth.net](mailto:dhaf@dominionhealth.net)