

## Senior Fitness, Senior Strength

Age Requirements

56-60

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60+

Other Eligibility Criteria

Seniors

Family

No

Intake Contact Email

wellnesscenter@gilescounty.org

Intake Process

Visit the website for information, membership application, call the office

Provider Refer

Yes

Self Refer

Yes

Giles Wellness Center

<http://gilescountywellness.com/GCWC/>

<http://gilescountywellness.com/GCWC/>

<https://www.facebook.com/Giles-County-Wellness-Center-134583008530/>

Main

(540) 921-4292

140 Clendennin Road

24124 VA

United States

Additional Availability Comments

Monday-Thursday 5:30 am-10 pm, Friday 5:30 am-9 pm, Saturday 9 am-4 pm,  
Sunday 12 noon to 6 pm. Call for class times

Fee Structure

Fee Range

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Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Giles Wellness Center offers fitness programs for seniors. Senior Strength (Gym) includes stretching and toning muscles with the use of free weights. Tai chi (Senior Center) can enhance your balance, flexibility, mental discipline, memory, inner strength, etc.

Yoga (multiple purpose room) includes relaxation and stretching and breathing techniques.

Power Yoga (Castle Rock) involved more complex moves incorporating speed and plyometric techniques.

Please call for more information.

Service Area(s)

Giles County

Email

[wellnesscenter@gilescounty.org](mailto:wellnesscenter@gilescounty.org)