

## **Fitness, Watkins Wellness Center**

### Age Requirements

18 and over

### Intake Process

Please contact us for more information. You can also visit the website.

### Provider Refer

Yes

### Self Refer

Yes

The Woodland, Inc.

<https://woodlandhrc.com/>

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

### Main

(434) 392-6106

2003 Cobb Street

23901 VA

United States

### Fee Structure

Fixed Fee

### Payment Method(s)

Private Pay

### Languages Spoken

English

The Watkins Wellness Center is equipped with exercise space and modern equipment for residents to use on an individual basis or take advantage of the numerous land-based exercise classes. Group classes are offered weekly.

Personal trainer is available for consultation on weight loss, fitness nutrition and performance enhancement.

### Service Area(s)

Albemarle County

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Amelia County

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Amherst County  
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Appomattox County  
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Bedford County  
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Buckingham County  
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Campbell County  
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Charlotte County  
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Charlottesville City  
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Chesterfield County  
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Cumberland County  
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Fluvanna County  
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Goochland County  
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Greene County  
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Louisa County  
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Lunenburg County  
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Lynchburg City  
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Nelson County  
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Nottoway County  
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Powhatan County  
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Prince Edward County

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Richmond City

Email

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