

## **Health and Wellness Coaching**

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact Email

jennie@wellfitbyjennie.com

Intake Process

Call, email, or use the contact form on the website for more information or to schedule an appointment.

Intake Contact Telephone

(434) 328-1400

Provider Refer

Yes

Self Refer

Yes

WellFit by Jennie

<https://www.wellfitbyjennie.com/>

<https://www.facebook.com/WellFit-by-Jennie-108512591688219>

WellFit by Jennie Blog <https://www.wellfitbyjennie.com/blog>

Main

(434) 328-1400

1715 Sourwood Place

22911 VA

United States

Monday: 9:00 am-5:30 pm

Tuesday: 9:00 am-5:30 pm

Wednesday: 9:00 am-5:30 pm

Thursday: 9:00 am-5:30 pm

Friday: 9:00 am-5:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fixed Fee

,  
Call for Information  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

WellFit by Jennie offers personal training, health coaching, and education to individuals, groups, and families in the client's home, in Jennie's home exercise studio, at community locations, or virtually online. Services are available for older adults and clients with multiple complex health conditions starting with a detailed assessment and movement screens. Jennie's experience includes psychotherapy, so she brings a holistic approach to address the physical, mental, emotional, and spiritual needs of the client.

Services include:

- Individual health and wellness coaching,
- Mindfulness coaching,
- The MindBody Syndrome (TMS) coaching,
- Group coaching,
- Individual training,
- Partner training,
- Musculoskeletal consultations,
- Health education.

Service Area(s)  
Albemarle County

,  
Charlottesville City

,  
Greene County

Email  
[jennie@wellfitbyjennie.com](mailto:jennie@wellfitbyjennie.com)