

# **Fitness and Aquatics, Valley Health Wellness & Fitness Center**

Available 24/7

No

Other Eligibility Criteria

All ages

Intake Process

Call for more information about programs and schedule

Report Problems

Call the Agency

Self Refer

Yes

Valley Health

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

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

Main

(540) 536-3000

Toll-Free

(866) 439-2325

401 Campus Boulevard

22601 VA

United States

Additional Availability Comments

Call for hours

Fee Structure

Call for Information

Languages Spoken

English

Valley Health Wellness & Fitness Center offers health and fitness. A fully-integrated health and fitness campus sets the stage for a comprehensive, medically integrated environment focused on your total well-being, ranging from day-to-day health maintenance to sports performance training and rehabilitation.

Certified fitness specialists, dietitians and health educators can work collaboratively to develop a personalized fitness program, including weight control and enhanced body composition, healthier bones, muscles and joints, increased flexibility, increased muscle strength and endurance, lower blood pressure, reduced stress and reduced risk of heart disease, diabetes and cancer.

Service Area(s)

Clarke County

,

Frederick County

,

Warren County

,

Winchester City