

## **Wellness Center**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Senior Workouts - 50 and up

Family

No

Intake Contact

LeAnn McCusker

Intake Process

Registration required for classes. Call Physician Referral at 540-349-0588.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

No

Fauquier Health

<http://www.fauquierhealth.org/>

<https://www.fauquierhealth.org/wellness-center>

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

<https://twitter.com/fauquierhealth>

Main

(540) 316-2640

419 Holiday Court Suite 200

20186 VA

United States

Additional Availability Comments

The above listed are for the LIFE Center facility. Call 540-341-1771 for class schedules.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

The Wellness Center (formerly the LIFE Center) at Fauquier Health offers an individualized and medically based exercise program using exercise and education to facilitate good health. The emphasis is on individualized success, with lots of equipment choices and one-on-one attention from exercise specialists. Cardiac Rehabilitation, Massage Therapy and Pulmonary Rehabilitation are available.

For existing injuries or chronic illnesses, like heart or lung disease, arthritis, and many other conditions, the correct exercise can vastly improve a person's quality of life by bringing the body up to its best functioning level.

Talk to your doctor to see if the Wellness Center is right for you.

Membership includes full range of classes, including Yoga, Pilates, aqua classes and group exercises. Discounts on massage services and personal training services. call for information about a range of membership options, including special pricing for couples.

Service Area(s)

Culpeper County

,

Fauquier County

,

Rappahannock County