

## Exercise, Yoga, Boot Camp, Strength Training, Fitness

Age Requirements

6-12

,

13-21

,

18 and over

Available 24/7

No

Family

No

Intake Contact Email

wellnesscenter@gilescounty.org

Intake Process

Walk in or call for information about membership

Provider Refer

Yes

Self Refer

Yes

Giles Wellness Center

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

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

Fee Structure

Fee Range

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Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Giles Wellness Center offers family fitness and is equipped with men's and women's locker room and shower facilities. Cardiovascular equipment, strength training and free weights, group exercise are available. Personal trainer is available. Child care is available - call for hours. The Wellness Center is a meeting location for Weight Watchers.

[Visit Class Schedule](#) to see the variety of classes available.

Education and informational programs are also offered.

Service Area(s)  
Giles County  
Email  
[wellnesscenter@gilescounty.org](mailto:wellnesscenter@gilescounty.org)