

## Wellness Programs

Age Requirements

13-21

,

18 and over

Available 24/7

Yes

Other Eligibility Criteria

Children 12 to 16 must be accompanied by an adult.

Family

No

Intake Process

Visit the website, call the office, complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Page Memorial Hospital

<https://www.valleyhealthlink.com/our-locations/page-memorial-hospital/>

<https://www.valleyhealthlink.com/wellness-fitness/fitness-centers/valley-health...>

Main

(540) 743-8110

Valley Health Wellness & Fitness, Luray

12 East Luray Shopping Center

22835 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: Closed

Wednesday: Closed

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-7:00 pm

Saturday: 7:00 am-4:00 pm

Sunday: 10:00 am-4:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Valley Health Wellness and Fitness offers programs at Page Memorial Hospital located at 12 East Luray Shopping Center. The Center offers a variety of membership options.

The most popular fitness programs include (1) Butts & Guts: sculpted legs, hips and abs. This class is a fun way to lose weight, burn calories and tone your hips, legs and core. Butts and Guts is appropriate for all fitness levels. (2) Stretch-It-Out: Flexibility makes everyday movement easier so start your morning off right with a full body stretch. This class will target your muscles, your mind, with relaxing music and deep breathing to help calm the mind. This class is appropriate for all fitness levels. (3) Cardio Lifting: Light Weights plus High Reps plus Fun Motivating Music

Service Area(s)

Harrisonburg City

,

Page County

,

Rockingham County