

## **Wellness and Gym**

Age Requirements

18 and over

Family

Yes

Intake Process

Call the office. Complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Preston Square Rehab and Wellness

<http://www.prestonsquarerehab.com/index.html>

<http://www.prestonsquarerehab.com/services.html>

Main

(276) 645-0311

2426 Lee Highway, Suite 210

24202 VA

United States

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Preston Square Rehab and Wellness offers a gym membership that can be renewed on a monthly basis. In addition to the Keister resistance equipment, the gym includes two treadmills, a step machine, eclipse machine, recumbent and stationary bikes and free weights.

Gym hours are Monday- Fridays 8 am-7:30 pm and on Saturday 9 am - 1 pm.

Service Area(s)

Bristol City

,

Washington County

Email

[administration@prestonsquarerehab.com](mailto:administration@prestonsquarerehab.com)