

Forever Fit Senior Classes

Other Eligibility Criteria

55 and over

Family

No

Intake Contact Email

ssult@lifetimewc.com

Intake Process

Visit the website, call the office, complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Lifetime Wellness Center

<http://www.lifetimewellnesscenter.org>

<http://www.lifetimewellnesscenter.org/fitness.html>

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

Main

(276) 782-1199

Toll-Free

(800) 625-6178

1 Health Way

24354 VA

United States

Monday: 5:00 am-9:30 pm

Tuesday: 5:00 am-9:30 pm

Wednesday: 5:00 am-9:30 pm

Thursday: 5:00 am-9:30 pm

Friday: 5:00 am-9:30 pm

Saturday: 8:00 am-6:00 pm

Sunday: 1:00 am-6:00 pm

Fee Structure

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

Forever Fit offers several group exercise classes designed with the senior in mind, as well as yoga, aquatic classes, nutrition information and more.

Call for more information.

Service Area(s)
Smyth County