

## Low Impact Exercise Class, Medical Gym

Age Requirements

No Age Requirement

Family

No

Intake Contact Email

sheryl@tompkinspt.com

Intake Process

Visit the website for information, call the office.

Report Problems

Call the Agency

Self Refer

Yes

Tompkins Physical Therapy

<http://www.tompkinspt.com>

<http://www.tompkinspt.com/services/the-medical-gym/>

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

[https://twitter.com/\\_TompkinsPT](https://twitter.com/_TompkinsPT)

Main

(703) 669-6100

22 Fairfax Street SE

20175 VA

United States

Monday: 6:30 am-8:00 pm

Tuesday: 6:30 am-8:00 pm

Wednesday: 6:30 am-8:00 pm

Thursday: 6:30 am-8:00 pm

Friday: 6:30 am-6:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Hours may vary

Fee Structure

Fee Range

Payment Method(s)

Private Pay

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Private Insurance

Languages Spoken

English

Medical Gym of Leesburg was developed to give community members with medical conditions or prior injuries access to medically supervised exercise prescription programs. The Medical Gym does not require an order from a doctor and you do not have to be a patient of Tompkins Orthopedic Physical Therapy Services.

Group exercise classes that can be completed seated or standing are available. The focus is on increasing strength, agility, range of motion, balance and coordination. Suitable for all ages and activity levels.

You can call and schedule an appointment with one of the physical therapists for an evaluation and design of your exercise program or you can participate in one of the exercise classes. Come take a tour of the facility.

You can benefit from exercise or class at the Gym if you are suffering from diabetes, Parkinson's Disease, high blood pressure mobility problems, fatigue chronic pain or neuropathy from cancer treatments.

Close to Loudoun Transit.

Service Area(s)

Loudoun County

Email

[Info@tompkinspt.com](mailto:Info@tompkinspt.com)