

## **Fitness, Watkins Wellness Center**

Age Requirements

18 and over

Intake Process

Please contact us for more information. You can also visit the website.

Provider Refer

Yes

Self Refer

Yes

The Woodland, Inc.

<https://woodlandhrc.com/>

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

Main

(434) 392-6106

2003 Cobb Street

23901 VA

United States

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Watkins Wellness Center is equipped with exercise space and modern equipment for residents to use on an individual basis or take advantage of the numerous land-based exercise classes. Group classes are offered weekly.

Personal trainer is available for consultation on weight loss, fitness nutrition and performance enhancement.

Service Area(s)

Albemarle County

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Amelia County

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Amherst County  
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Appomattox County  
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Bedford County  
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Buckingham County  
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Campbell County  
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Charlotte County  
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Charlottesville City  
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Chesterfield County  
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Cumberland County  
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Fluvanna County  
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Goochland County  
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Greene County  
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Louisa County  
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Lunenburg County  
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Lynchburg City  
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Nelson County  
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Nottoway County  
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Powhatan County  
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Prince Edward County

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Richmond City

Email

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