

## Exercise and Aquatics

Intake Process

Visit the website or call for information, Complete application

Provider Refer

Yes

Self Refer

Yes

Riverside Wellness & Fitness Center, Peninsula

<https://www.riversideonline.com/rwfc/>

<https://www.riversideonline.com/rwfc/training/>

Main

(757) 875-7525

12650 Jefferson Avenue

23602 VA

United States

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Riverside Wellness & Fitness Center, Peninsula offers group exercise classes, strength training, personal training, boxing and more. The facility includes a heated indoor pool so year-round swimming is available, together with swimming lessons for all ages.

Service Area(s)

James City County

,

Newport News City

,

Poquoson City

,

Williamsburg City

,

York County