

## **Mall Walking at Regency**

Age Requirements

No Age Requirement

Available 24/7

No

Intake Process

Stop by the mall or call for more information.

Report Problems

Call the Agency

Self Refer

Yes

Regency Square

<https://www.shopregencymall.com/>

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

<https://twitter.com/ShopRegencySq>

Main

(804) 740-1518

1420 North Parham Road

23229 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Walking is a fun way to improve your health! You can do so at Regency in a safe, climate-controlled environment. A brisk walk every day improves your cardiovascular system, helps to control weight, and clears the mind. Come out and bring a friend! All ages welcome!

The Food Court entrance opens for walkers at 10:30 a.m. In case of rain, walkers may enter Entrance 3 under the deck at 10:30 a.m.

2 1/2 laps on the lower level (excludes the Food Court) equals 1 mile, 2 laps on the upper level equal 1 mile.

If you want more information, please call customer service at 804.740.1518.

Service Area(s)

Henrico County

,

Richmond City