

## Fitness Center

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact Email

contact@powellwellnesscenter.com

Intake Process

Visit the website, call the office. Complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Powell Wellness Center

<https://powellwellnesscenter.org/>

<https://powellwellnesscenter.org/our-classes/>

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

[https://twitter.com/pwc\\_culpeper](https://twitter.com/pwc_culpeper)

Main

(540) 829-4741

Toll-Free

(877) 688-9355

1005 Golf Drive

22701 VA

United States

Monday: 5:30 am-8:00 pm

Tuesday: 5:30 am-8:00 pm

Wednesday: 5:30 am-8:00 pm

Thursday: 5:30 am-8:00 pm

Friday: 5:30 am-7:00 pm

Saturday: 8:00 am-3:00 pm

Sunday: 8:00 am-3:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Powell Wellness Center, an affiliate of Culpeper Regional Hospital, and Powell Wellness Center Physical Therapy & Outpatient are the area's only medically integrated health and wellness center. The facility contains a cardiovascular floor, strength floor, group exercise facilities, stretch areas, indoor walking track and aquatic arena. Programs and activities include fitness assessments, personal training, pilates and yoga, health and wellness program, children's classes, swim lessons, family swim, kid's corner and massage.

Service Area(s)

Culpeper County

,

Fauquier County

,

Greene County

,

Madison County

,

Orange County

,

Rappahannock County