

## **Fitness Center, Senior Program**

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Open to the general public. Membership required, but daily memberships are available.

Intake Process

Call for information or walk in.

Intake Contact Telephone

(540) 839-7330

Report Problems

Call the Agency

Bath Community Hospital

<https://www.bathhospital.org>

<https://bathhospital.org/bath-community-rehab-wellness/>

Main

(540) 839-7330

9247 Sam Snead Highway

24445 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-5:00 pm

Saturday: 9:00 am-1:00 pm

Sunday: Closed

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Bath Community Rehab and Wellness offers a comprehensive fitness center for all ages and fitness levels. A variety of fitness classes are available, as well as personal training. Monthly and annual memberships are available to the public. A free health assessment and orientation to the equipment is included.

The center offers a variety of equipment and programs to meet your needs:

- State-of-the-art strength training and cardiovascular equipment,
- Exercise classes,
- Personal training,
- Sports training,
- Strength and conditioning,
- High School Fitness Program,
- Senior Program.

Service Area(s)

Alleghany County

,

Bath County

,

Covington City

,

Highland County