

## Exercise

Age Requirements

16-21

,

18 and over

Family

No

Intake Contact Email

mwsowder@carilionclinic.org

Intake Process

Visit the website, call the office

Self Refer

Yes

Botetourt Athletic Club

<http://www.carilionfitness.com/>

<https://carilionwellness.com/locations/botetourt>

Main

(540) 992-2993

105 Summerfield Court

24019 VA

United States

Additional Availability Comments

Monday-Friday 5 am-10:30 pm; Saturday & Sunday 7 am-7 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Botetourt Athletic Club offers a variety of fitness programs. Athletic facility offers more than 100 group exercises each week, indoor heated pool, outdoor pool, steam rooms, gymnasium and walking tract. Membership also includes free child care and

youth services.

Cardio Theater includes cardiovascular equipment, life cycles, steppers, step-mill, crossrobics, treadmills, rowers, elliptical trainers and more. Massage therapy is also available.

Memberships also include reciprocal use of the Roanoke Athletic Club and full access to ZOOM (downtown Roanoke), Westlake and Blacksburg locations.

Service Area(s)

Botetourt County