

## Exercise

Age Requirements

16-21

,

18 and over

Family

No

Intake Process

Visit the website, call the office

Self Refer

Yes

Roanoke Athletic Clubs

<http://www.carilionfitness.com>

4508 Starkey Road

24018 VA

United States

Additional Availability Comments

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

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Offers various activities for fitness and exercise. Group exercise and racquetball and wallyball are available. Equipment includes Nautilus, lifeFitness, free weights, treadmills, rowers, CyclePlus, Elliptical trainers, whirlpools, steamrooms, gymnasium, basketball court, Indoor aquatics center (25 yard indoor lap pool and outdoor pool).

Service Area(s)

Botetourt County

,

Roanoke City

,

Roanoke County