

## Exercise, Athletics, Classes

Age Requirements

13-21

,

18 and over

Family

No

Intake Contact Email

recreation@princegeorgeva.org

Intake Process

Call or visit the website. Must complete a registration form for many activities, including the Exercise Room

Provider Refer

Yes

Self Refer

Yes

Prince George County Parks and Recreation Department

[https://www.princegeorgeva.org/residents/parks\\_and\\_recreation/index.php](https://www.princegeorgeva.org/residents/parks_and_recreation/index.php)

Main

(804) 458-6164

11100 Old Stage Road

23875 VA

United States

Additional Availability Comments

Each exercise room has its own hours

Payment Method(s)

Private Pay

Languages Spoken

English

Prince George Parks and Recreation offers two Exercise Rooms open to residents, ages 13 to adult. One Exercise Room is located in the Prince George Community Center, 11100 Old Stage Road. It houses cardiovascular machines as well as a

number of weight machines. Participants ages 13-15 must be accompanied by an adult.

The second Exercise Room is located at Central Wellness Center, 11023 Prince George Drive in Disputanta, Virginia.

Facility use is limited to Prince George residents, county and school employees.

Call for information about exercise classes and senior citizen trips and activities.

Service Area(s)

Prince George County