

# Valley Health Wellness & Fitness Center

Age Requirements

No Age Requirement

Available 24/7

Yes

Family

No

Intake Process

Visit the website; call

Report Problems

Call the Agency

Self Refer

Yes

Winchester Medical Center

<https://www.valleyhealthlink.com/>

[https://www.vhwellfit.com/?doing\\_wp\\_cron=1629125571.8757870197296142578125](https://www.vhwellfit.com/?doing_wp_cron=1629125571.8757870197296142578125)

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

<https://twitter.com/vhwellfit>

Main

(540) 536-3000

Toll-Free

(866) 439-2325

Valley Health Wellness & Fitness Center

401 Campus Boulevard

22601 VA

United States

Monday: 5:00 am-9:30 pm

Tuesday: 5:00 am-9:30 pm

Wednesday: 5:00 am-9:30 pm

Thursday: 5:00 am-9:30 pm

Friday: 5:00 am-9:30 pm

Saturday: 7:00 am-5:00 pm

Sunday: 7:00 am-5:00 pm

Fee Structure

No Fee

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Call for Information

Languages Spoken

English

The Wellness Programs offered at the Wellness & Fitness Center include Health education; Health screenings; Tobacco cessation; Weight loss programs; and Corporate wellness services.

Visit the [Events page](#) for current events and programs. Events are free of charge unless indicated and registration is required three days in advance for most classes, call 540-536-3050 or 800-662-7831.

Fitness Services are offered at the Center. The Center is a fully integrated, medically-based facility with group exercise classes, an indoor lap pool and warm-water exercise pool, personal training, and a Fit for Surgery program.

Educational programs on health and lifestyle topics are offered in partnership with Wellness Services. To learn more about Valley Health Wellness & Fitness Center, call 540-536-3000.

Service Area(s)

Clarke County

,

Frederick County

,

Warren County

,

Winchester City