

**ValleyHealth**  
**Wellness &  
Fitness Center**



**Client:**

Valley Health

**Location & Contact Information:**

401 Campus Blvd  
Winchester, VA 22602  
866-439-2325 / phone  
540-536-0055 / fax  
www.vhwellfit.com

**Opening Date:**

October 2008

**Size and Membership Volume:**

56,000 Square Feet  
5,100 Members



**Classes, Programs, and Services:**

- Free-weight training equipment
- Resistance training equipment
- Cardiovascular training equipment
- Lap pool and warm-water exercise pool
- Indoor cushioned walk/jog track
- Group exercise studios and stretching area
- Locker rooms with women's and men's steam, sauna, and massage rooms
- Individualized personal training
- Massage Therapy
- Limited day care for children of center members
- Food and Beverage Services



**Medical Integration:**

- Physical Therapy
- Cardiac Rehab
- Pre-and-Post Bariatric Surgery Programs
- Pre-Operative Orthopedic Surgery Programs