



SENTARA™

Center for Health & Fitness



Client:

Sentara Health Care

Location & Contact Information:

4001 Coliseum Drive
Hampton, VA 23666
866-760-2658 / phone
757-766-2642 / fax
www.sentarafitness.com

Opening Date:

January 2008

Size:

34,000 Square Feet



Classes, Programs, and Services:

- Exercise and Therapy Pools
- Weight Management
- Personal Training
- Cardiac Equipment
- Strength Training Equipment



Medical Integration:

- Physical Therapy
- Cancer Fitness program
- Bariatric Exercise Program