

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:

56,000 Square Feet



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