

## Wellness Center

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Adults; special class for age 55 and older

Family

No

Intake Contact

Marcus Kuhn

Intake Process

Contact the office

Self Refer

Yes

Twin County Regional Healthcare

[http://www.tcrh.org/services/wellness\\_center.aspx](http://www.tcrh.org/services/wellness_center.aspx)

Main

(276) 236-5931

544P Galax Plaza Shopping Center

24333 VA

United States

Monday: 6:00 am-9:00 pm

Tuesday: 6:00 am-9:00 pm

Wednesday: 6:00 am-9:00 pm

Thursday: 6:00 am-9:00 pm

Friday: 6:00 am-7:00 pm

Saturday: 8:00 am-1:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Wellness Center of Twin County Regional Healthcare provides programs and services designed to help you protect your health through exercise and health education programs and services. The Center has a full complemented top-of-the-line equipment and staff is on hand to assist. Some of the benefits of membership are an initial fitness evaluation and consultation to discuss goals and develop a program; initial one-on-one supervised workout; as much advice and assistance from staff as you need; steam room; participation in exercise classes; etc.

New Beginnings for the new exerciser, Movin'n-Morning, The Cutting Edge, High Intensity, High/Low Intensity, Cardio with a Kick, Pre/Post Natal, Yoga and a special Seniors class for age 55 and older. The Senior Class focuses on cardiovascular conditioning, flexibility and strength training. Perfect exercise to increase fitness and bone density.

Service Area(s)

Carroll County

,

Galax City

,

Grayson County