## Mall Walking at Regency

Age Requirements No Age Requirement Available 24/7 No Intake Process Stop by the mall or call for more information. **Report Problems** Call the Agency Self Refer Yes **Regency Square** https://www.shopregencymall.com/ https://www.facebook.com/ShopRegency/ https://twitter.com/ShopRegencySg Main (804) 740-1518 1420 North Parham Road 23229 VA

Fee Structure No Fee Languages Spoken English

United States

Walking is a fun way to improve your health! You can do so at Regency in a safe, climate-controlled environment. A brisk walk every day improves your cardiovascular system, helps to control weight, and clears the mind. Come out and bring a friend! All ages welcome!

The Food Court entrance opens for walkers at 10:30 a.m. In case of rain, walkers may enter Entrance 3 under the deck at 10:30 a.m.

2 1/2 laps on the lower level (excludes the Food Court) equals 1 mile, 2 laps on the upper level equal 1 mile.

If you want more information, please call customer service at 804.740.1518.

Service Area(s) Henrico County

, Richmond City