

## Integrated Wellness

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Process

Walk in, tour, join. Call for more information

Provider Refer

Yes

Self Refer

Yes

Riverside Wellness & Fitness Center, Peninsula

<https://www.riversideonline.com/rwfc/>

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Main

(757) 875-7525

12650 Jefferson Avenue

23602 VA

United States

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The Peninsula facility has more than 70,000 square feet of indoor exercise and wellness opportunities. Fitness equipment, group exercise classes, youth exercises and programs, racquet sports, yoga, nutrition seminars, indoor heated pool, water aerobics, swim lessons, lighted outdoor tennis courts, basketball/volleyball court, walking/jogging trail, CPR, Tai Chi, strength training and more.

CPR and first aid classes are offered, as well as Metabolic testing and cardiovascular fitness test.

Service Area(s)

James City County

,

Newport News City

,

Poquoson City

,

Williamsburg City

,

York County