

## Wellness Center

Available 24/7

No

Other Eligibility Criteria

50 and older

Family

No

Intake Contact

Dawn Womack

Intake Contact Email

hyoder@vmrc.org

Intake Process

Call for day and times

Provider Refer

Yes

Self Refer

Yes

Virginia Mennonite Retirement Community (VMRC)

<http://www.vmrc.org>

<http://www.vmrc.org/virginia-independent-living>

Main

(540) 574-5850

Toll-Free

(877) 806-3389

1481 Virginia Avenue

22802 VA

United States

Fee Structure

Call for Information

Languages Spoken

English

Virginia Mennonite Retirement Community provides a Wellness Center. Unique setting Catering to the needs of those 50 years of age and older. The Wellness Center includes a variety of programs (from line dancing to cooking classes), a senior Olympic size pool, and a large fitness/cardio room with up-to-date equipment. Staff is fully certified and trained to meet the needs of all members.

Membership is available to community members age 50 years or older, as well as VMRC residents and employees, as well as future VMRC residents. Silver Membership includes full use of Cardio/Fitness area, all classes and programs, fitness test conducted every 6 months and independent use of the facility.

Gold Membership includes full use of the Showalter Aquatic Center (including aquatic programs), Cardio/Fitness area, all classes and programs, fitness test conducted every 6 months, and independent use of the facility.

Platinum Membership includes all features of Gold plus one-on-one coaching.

Showalter Aquatic Center Membership includes unlimited access to Aquatic Center, along with fitness test every 6 months and independent use of the pool area.

There are short term memberships available, personal trainer options and a Physician Prescribed Aquatic Center Membership.

Please call for more information.

Service Area(s)

Harrisonburg City

,

Rockingham County