## Exercise

Age Requirements 16-21 , 18 and over Family No Intake Contact Email mwsowder@carilionclinic.org **Intake Process** Visit the website, call the office Self Refer Yes **Botetourt Athletic Club** http://www.carilionfitness.com/ https://carilionwellness.com/locations/botetourt Main (540) 992-2993

105 Summerfield Court 24019 VA United States

Additional Availability Comments Monday-Friday 5 am-10:30 pm; Saturday & Sunday 7 am-7 pm Fee Structure Fee Range Payment Method(s) Private Pay Languages Spoken English

Botetourt Athletic Club offers a variety of fitness programs. Athletic facility offers more than 100 group exercises each week, indoor heated pool, outdoor pool, steam rooms, gymnasium and walking tract. Membership also includes free child care and youth services.

Cardio Theater includes cardiovascular equipment, life cycles, steppers, step-mill, crossrobics, treadmills, rowers, elliptical trainers and more. Massage therapy is also available.

Memberships also include reciprocal use of the Roanoke Athletic Club and full access to ZOOM (downtown Roanoke), Westlake and Blacksburg locations.

Service Area(s) Botetourt County