

## Fitness

Age Requirements

No Age Requirement

Other Eligibility Criteria

All ages

Family

No

Intake Process

Visit the website, call the office, complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Lifetime Wellness Center

<http://www.lifetimewellnesscenter.org>

<http://www.lifetimewellnesscenter.org/fitness.html>

<https://www.facebook.com/LWCMarion/>

Main

(276) 782-1199

Toll-Free

(800) 625-6178

1 Health Way

24354 VA

United States

Monday: 5:00 am-9:30 pm

Tuesday: 5:00 am-9:30 pm

Wednesday: 5:00 am-9:30 pm

Thursday: 5:00 am-9:30 pm

Friday: 5:00 am-9:30 pm

Saturday: 8:00 am-6:00 pm

Sunday: 1:00 am-6:00 pm

Fee Structure

Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

The Lifetime Wellness Center is designed to meet the needs of individuals of all ages and walks of life through affordable membership and outreach education. Personal training, group exercise, fitness area, and gym area are available. Kid's programs include camps.

A full schedule of classes and programs is offered, including group exercise and racquetball to aquatic fitness. The facility includes an indoor, six-lane competitive swimming pool; outdoor patio area; indoor track; full size gym; volleyball; weight training area; whirlpool; therapy pool; steam rooms; massage therapy; personal training; swim lessons; lifeguard certification; health education programs; Senior and children's programs and more.

Service Area(s)  
Smyth County