

Fitness Center List

CENTRAL REGION

Anytime Fitness- Tuckahoe

Address: 11224A Patterson Ave.
Richmond, VA 23238
Phone: (804) 754-1000
Website: www.anytimefitness.com
Contact: Robert DeSousa
Discount: \$120 voucher towards membership dues valid on a 12 month

Curves for Women - Ashland

Address: Kings Charter Shopping Center
9539 Kings Charter Drive
Ashland, VA 23005
Phone: (804) 550-5760
Contact: Ruth Ann Carreras
Discount: Monthly specials apply. Please see membership services for details.

Curves for Women - Bon Air

Address: 9722 Midlothian Turnpike
Steinmart Plaza Shopping Center
Richmond, VA 23235
Phone: (804) 327-5030
Contact: Julia Hill
Discount: 50% off enrollment fee plus one free month with a one-year

Curves for Women - Brandermill

Address: 6729 Lake Harbour Drive
Winterpock Crossing Shopping Center
Midlothian, VA 23112
Phone: (804) 639-1533
Contact : Julia Hill
Discount: 5 0% off enrollment fee plus one free month with a one-year
membership

Curves for Women - Chesterfield

Address: 7000 Courthouse Commons West
Chesterfield, VA 23832
Phone: (804) 717-9331
Contact: Gail McNulty
Discount: Monthly specials apply. Please see membership services for details.

Curves for Women - Colonial Heights

Address: 5 Dunlop Village Circle
Colonial Heights, VA 23834
Phone: (804) 526-6144
Contact: Carmen Chapman
Discount: Monthly specials apply. Please see membership services for details.

Curves for Women - Dillwyn

Address: Route 15
Dillwyn, VA 23936
Phone: (434) 983-8552
Discount: \$49 Joining Fee and \$34 a month for state employees.

Curves for Women - Elko

Address: 3991 E. Williamsburg Road
Sandston, VA 23150
Phone: (804)328-2878
Contact Person: Karen Walden or Terry Lawler
Discount: Waive enrollment with one year contract.

Curves For Women - Emporia

Address: 405 South Main Street
Emporia, VA 23847
Contact: Pat Morgan/ Manager
Discount: \$100 off with 12 month membership

Curves For Women - Goochland

Address: 2730 Fairground Road
Goochland, VA 23063
(804) 556-7120
Contact: Tricia Dalton
Discount: \$100 off enrollment fee with 12 month membership

Curves for Women - Hopewell

Address: 1501 City Point Road
Hopewell, VA 23860
Phone: (804) 541-7080
Contact: Missy Clanton or Manager, MBClanton@aol.com
Discount: Enrollment fee waived with one-year contract. Must provide proof of state employment.

Curves for Women - King William

Address: 694Q Sharon Road
King William, VA 23086
Phone: (804) 769-7575
Website: www.kingwilliamcurves.com
Contact: Margaret Miracle/Manager or staff member
Discount: \$100 off enrollment fee

Curves For Women - Laburnum Ave

Address: 5209 S. Laburnum Avenue
Richmond, VA 23231
Phone: (804) 222-7676
Contact: Debbie Jones
Discount: Enrollment fee waived with a one-year membership

Curves For Women - Midlothian

Address: 117 Browns Way Road
Midlothian, VA 23114
Phone: (804) 594-2590
Contact: Julia Hill, DVDDHill@yahoo.com
Discount: 50% off enrollment fee plus one free month with a one-year membershi

Curves-Palmyra

Address: Piedmont Village Shopping Center
Lake Monticello, VA
Phone: 434-589-1212
Contact: Julie Craun
Discount: Free sign-up fee for individuals signing on a CD annual membership for the remainder of this year.

Curves for Women - Powhatan

Address: 1795 South Creek One, Suite C
Powhatan, VA 23139
Phone: (804)897-4277
Contact: Janna MacConnell
Discount: \$100.00 off first time enrollment fee with 12 month membership.

Curves for Women – Prince George

Address: 5844B Allin Rd.
Prince George, VA 23875
Phone: (804) 861-2424
Contact: Missy Clanton or Manager
Discount: Enrollment fee waived with one-year contract. Must provide proof of state employment.

Curves for Women – Rivers Bend

Address: 241 E. Hundred Rd.
Chester, VA 23836
Phone: (804) 452-3484
Contact: Missy Clanton or Manager
Discount: Enrollment fee waived with one-year contract. Must provide proof of state employment.

Zacharias Health Institute

Address: 1311 Palmyra Avenue
Richmond, VA 23227
Phone: (804) 358-1000
Contact: Dr. Zacharias, mjganey@EZhealthinstitute.com
Discount: 50% off enrollment fee

Finally Fit Gym and Tanning

Address: 15401 Goodes Bridge Road
Amelia, VA 23002
Phone: 804-561-3111
Contact: Janet Finney, finallyfit@TOS.net
Discount: No registration fee/enrollment fee - must provide state ID, 5% off all memberships

Fitness Rx

Address: 10128 W Broad St, Suite H
Glen Allen, VA 23060
Phone: 804-726-9992
Website: www.myfitnessrx.com
Contact: Anthony or Sabine Cudjo
Discount: Free Health and Wellness Consultation (\$60 value)

Greater West Point Family YMCA

Address: 3135 King William Ave.
West Point, Virginia 23181
Phone: 804-843-3300
Discount: Waive the joining fee for State Employees, must have verification that they work for the state.

Gold's Gym - The Fan

Address: 8 S. Harvie Street
Richmond, VA 23220
Phone: 804-249-4653 (GOLD)
Website: www.goldsgym.com/richmondfanva
Contact: Alisha Krukowski, alisha@goldsgymrichmond.com
Discount: Corporate membership packages available, please call for details.
(must provide proof of state employment)

Gold's Gym - Richmond Southside

Address: 885 Research Road
Richmond, Virginia 23236
Phone: 804-423-8179
E-mail: jennifer@richmondgolds.com
Discount: Option 1 - \$34.99 a month - no enrollment or processing fee.
Option 2 - \$59 processing fee / \$29.99 a month – no enrollment. Valid State Employee ID required.

Gold's Gym - Richmond

Address: 8904 W. Broad Street
Richmond, VA 23294
Phone: (804) 968-4653
Contact: Michael Krongaard
Discount: 15% off monthly dues of standard membership. No enrollment fee.

Gold's Gym – Willow Lawn

Address: 1601 Willow Lawn Drive
Richmond, VA 23230
Phone: 804-285-4653 (GOLD)
Contact: Brian Zachariasen, brian@goldsgymrichmond.com
Discount: Corporate membership packages available, please call for details.
must provide proof of state employment

Health Nutz Fitness & Aquatics Center

Address: 109 Crofton Place
Palmyra, VA
Phone: (434) 589-6100
Contact: Chip Berry, healthnutzfitness@embarqmail.com
Discount: Basic Fitness: \$45.00 (Gym & Fitness Classes)
Total Fitness: \$65.00 (indoor pool & water aerobics, gym & group fitness)

Richmond Athletic Club

Address: 4700 Thalbro Street
Richmond, VA 23230

Phone: (804) 355-4311

Website: www.richmondathleticclub.com

Contact: Manny Marshall, Manny@RichmondAthleticClub.com

Discount: Enrollment Fee waived. \$5 off monthly dues on a 1 Year Membership. 7 Day Free Trial.

Richmond Balance

Address: 1806 East Main Street
Richmond, Virginia 23223

Website: www.richmondbalance.com

Phone: (804) 343-1234

Contact: Michelle Logan

Discount: Free Enrollment and 10% off Annual Membership

Richmond Balance Personal Training Studio

Address: 5718 Patterson Avenue
Richmond, Virginia 23226

Website: www.richmondbalance.com

Phone: (804) 397-5875

Contact Person: Michelle Logan

Discount: 50% off First Personal Training Session

Robious Sports & Fitness

Address: 10800 Center View Drive
Richmond, VA 23235

Phone: (804) 330-2222

Website: www.robious.com

Contact: Membership Department, Debra@Robious.com

Discount: Corporate membership offered. Waive the enrollment fee in January, May, and October.

Sheltering Arms-Bon Air Health & Wellness Center

Address: 206 Twinridge Lane
Richmond, VA 23235
Phone: (804) 560-7230 ext. 275
Website: www.shelteringarms.com
Contact: Valerie Newman
Discount: Waive \$50 enrollment fee

Sheltering Arms-Midtown

Address: 2805 W. Broad St.
Richmond, VA 23230
Phone: (804) 560-7230 ext. 275
Website: www.shelteringarms.com
Contact: Valerie Newman
Discount: Waive \$50 enrollment fee

Velocity Sports Performance

Address: Director of Marketing & Client Relations
11760 W. Broad St.
Richmond , Va 23233
Website: www.velocitysp.com/richmond
Contact: Cat Nicholson
Phone: (804) 266-2500
Discount: \$50 off any of our packages

Victory Lady

Address: 9699-D West Broad Street
Glen Allen, VA 23060
Phone: (804) 965-9741
Contact: Front desk
Discount: Enrollment fee waived.

Victory Lady

Address: 10050 Midlothian Turnpike
Richmond, VA 23236
Phone: (804) 272-1095
Contact: Christine
Discount: Enrollment fee waived.

Weinstein JCC

Address: 5403 Monument Avenue
Richmond, VA 23226
Phone: (804) 285-6500
Website: www.weinsteinjcc.org
Contact Person: Randi Genderson Amar, rgenderson@weinsteinjcc.org
Discount: ½ off general admission, 15% off monthly dues

Wellness First

Address: 1660 Anderson Highway
Powhatan, VA 23139
Phone: (804) 897-3478
Website: N/A
Discount: \$15- \$25 per month- depending on participation

EASTERN REGION

ATC Fitness

Address: 7401 Granby Street
Norfolk, VA 23505
Phone: (757) 489-1444
Website: www.ATCfitness.net
Contact Person: John Baker
Discount: Various corporate membership packages available. Please call for more information

Contours Express

Address: 4239 Holland Rd, Suite 780
Virginia Beach, VA 23452
Phone: (757) 467-1600
Website: joincontoursvb@cox.net
Contact Person: N/A
Discount: Waive enrollment fee for state employees

Curves for Women- Franklin

Address: 1374 Armory Dr.
Franklin, Va 23851
Phone: (757) 516-8444
Website: www.curvesinternational.com
Contact Person: Beth Jourdan
Discount: \$100 off enrollment fee.

Curves for Women- Ghent

Address: 780 West 20th Street
Norfolk, VA 23517
Phone: (757) 200-5555
Contact Person: Sara Jones, no email
Discount: \$100 off enrollment fee

Curves for Women- Hampton

Address: 1814 Todds Lane
Hampton, VA 23666
Phone: (757) 265-9200
Contact Person: Courtney Cunningham, healthychoices@cox.net
Discount: \$100 off enrollment fee

Curves for Women- Lightfoot

Address: 107 Bulifants Blvd, Suite A
Williamsburg, VA 23188
Phone: (757)565-5655
Website: www.curvesinternational.com
Contact Person: Staff Member
Discount: \$100 off enrollment fee

Curves for Women- Newport News

Address: 555 Denbigh blvd, Suite A
Newport News, VA 23608
Phone: (757)872-8720
Website: www.curvesinternational.com
Contact Person: Vera Heitkemper
Discount: \$100 off enrollment fee

Curves for Women- Newport News

Address: 328 Oyster Point Road
Newport News, Va 23602
Phone: (757) 249-9300
Website: www.curvesnewportnews.com
Contact Person: Vera Heitkemper
Discount: \$100 off enrollment fee

Curves for Women- Newport News

Address: 10860 Warwick Blvd.
Newport News, VA 23601
Phone: (757)596-2121
Website: www.curvesnewportnews.com
Contact Person: Vera Heitkemper
Discount: \$100 off enrollment fee

Curves of Onley

Address: 25078 Lankford Hwy
Onley, VA 23418
Phone: (757) 302-0377
Contact Person: Linda Webb Owner, webb_lj@hotmail.com
Discount: 50% off membership fee with State or Local Choice employment ID

Executive Health & Fitness, Inc.

Address: 101 W. Main St, Suite 1400
Norfolk, VA 23510
Phone: (757) 625- 5585
Contact: Victoria Saxby, VLSAXBY@HOTMAIL.COM
Discount: One free week trial, waive enrollment/ initiation fees

Fyzique Fitness Center

Address: 8100 George Washington Memorial Hwy
Yorktown, VA 23692
Phone: (757) 283-5303
Website: www.fyziquefitness.com
Contact Person: Chris Williams, Fyzique@aol.com
Discount: \$9 off of monthly dues

Gold's Gym

Address: 600 Jarman Road
Chesapeake, VA 23320
Phone: (757) 424-1600
Contact Person: Jerry Donnelly
Discount: Discount on monthly dues. No enrollment fee

Gold's Gym

Address: 3809 Princess Anne Rd
Virginia Beach, VA 23456
Phone: (757) 471-6900
Contact Person: Mark, marcgoldsgym@aol.com
Discount: 15% off monthly dues. No enrollment fee

Great Bridge/ Hickory Family YMCA

Address: 633 South Battlefield Boulevard
Chesapeake, VA 23322
Phone: (757) 546-9622 Ext. 111
Contact: Tammy Sisson, tsisson@ymcashr.org
Discount: Waive the joining fee for any state employee that chooses our family center

Hot Yoga & Massage Studio

Address: 33 Hidenwood Shopping Center
Newport News, VA 23606
Phone: (757) 223-9642
Webpage: www.hotyogamassage.com
Contact: Edie Fischer
Discount: Discount per fitness package

Iron-Bound Gym

Address: 4325 New Town Ave.
Williamsburg, VA 23188
Phone: (757) 229-5874
Contact: Scott Grafton
Discount: 50% Off Initial Fee. Please bring proof on employment

Ladies Workout Express

Address: 3709- B Strawberry Plains Rd.
Williamsburg, VA 23185
Phone: (757) 220-2992
Contact: N/A
Webpage: www.ladiesworkoutexpress.com
Discount: 50% off sign up fee; 12 month contract= \$34.95/month

Mambo Room Latin Dance Studio

Address: 2200 Colonial Ave.
Norfolk, VA 23509
Phone: (757) 351-6092
Contact: Sandra Sanchez

Webpage: www.mamboroomdance.com
Discount: \$20 Discount off a package of 10 classes or more

Riverside Wellness and Fitness Center- Peninsula

Address: 12650 Jefferson Ave.
Newport News, VA 23602
Phone: (757) 875-7525
Contact: Maura Marcella, maura.marcella@rivhs.com
Website: www.riversideonline.com/rwfc
Discount: 18% discount on monthly dues

Riverside Wellness and Fitness Center- Middle Peninsula

Address: Route 17, P.O Box 1516
7516 Hospital Dr.
Gloucester, VA 23061
Phone: (804) 693-8888
Contact: Tia Trevallion, tia.trevallion@rivhs.com
Website: www.riversideonline.com/rwfc

River Fitness

Address: 1025 Hobbs Hole Dr.
Tappahannock, Va 22560
Phone: (804) 443-0500
Contact: Angela Jones, Angela.jones.reverfit@verizon.net
Discount: 18% discount on monthly dues

Riverside Wellness and Fitness Center- Oyster Point

Address: 627 Pilot House Dr.
Newport News, VA 23606
Phone: (757) 594-3480
Contact: Paul Flannigan, paul.flannigan@rivhs.com
Website: www.riversideonline.com/rwfc
Discount: 18% discount on monthly dues

The Gym Downtown

Address: 259 Granby St.
Norfolk, VA 23510
Phone: (757) 321-4963
Contact: Lacy Lee, Lacey@gymdowntown.com
Website: www.gymdowntown.com
Discount: No enrollment fee. \$39.95 per month with electronic funds transfer.

Wellness One Fitness Center

Address: 565 Cedar Rd.
Chesapeake, VA 23322
Phone: (757) 547- CLUB (2582)
Contact: Staff, wellnessonefitness@yahoo.com
Discount: No enrollment fee

YMCA- Newport News

Address: N/A
Phone: (757) 245-0047
Contact: Leslie Bryant, leslie.bryant@peninsulaymca.org
Website: www.peninsulaymca.org
Discount: Joining fee waived with proof of state employment

YMCA

Address: 301 Sentara Circle
Williamsburg, VA 23188
Phone: (757) 229-9622 ext. 205
Contact: Cara Hendrickson, cara.hendrickson@peninsulaymca.org
Website: www.peninsulaymca.org
Discount: Joining fee waived with proof of state employment

NORTHERN REGION

Anytime Fitness

Address: 4276 Plank Rd.
Fredricksburg, VA 22407
Phone: (540)548-0724
Contact: Rob Bast, fxbg@anytimefitness.com
Discount: Enrollment fee waived and monthly dues of \$35.99 for state employees with an ID

Contours Express of Manassas

Address: 9960 Liberia Ave.
Manassas, Va 20110
Phone: (703) 257-6444
Contact: Mary Ahrens
Website: www.CountoursExpress.com/manassasva
Discount: \$149.00 enrollment fee waived

Curves of Arlington

Address: 2105 Pollard St

Arlington, VA 22207
Phone: (703) 243-4339
Contact: Staff, arlingtoncurves@aol.com
Discount: \$100 off enrollment fee

Curves of Arlington Shirlington

Address: 2772 South Arlington Mill Dr.
Arlington, Va 22206
Phone: (703)379-0305
Contact: Jessica
Discount: \$100 off enrollment fee

Curves for Women- Harrisonburg

Address: 171 Neff Ave.
Harrisonburg, VA 22801
Phone: (540) 438-9950
Contact: Lisa Cox
Discount: 80% discount on enrollment fee

Dominion Health and Fitness

Address: 9816 Winchester Rd
Front Royal, VA 22630
Phone: (540) 636-2820
Contact: Mike Kitts
Discount: 50% off enrollment fee, one month free on a 12 or 18 month membership

Freedom Aquatic & Fitness Center

Address: 10900 University BLVD.
Manassas, VA 20110
Phone: (703) 993-8444
Contact: Jennifer Halpen
Website: www.freedom-center.com
Discount: 15% off annual single membership

Gold's Gym-Culpeper

Address: 201 Southgate Shopping Center
Culpeper, Va 22701
Phone: (540) 727-2000
Contact: Irv Banks, ibanks@goldsgym.net
Discount: Contact Gold's Gym for Pre-Opening Specials!

Gold's Gym- Charlottesville

Address: 1801 Hydraulic Rd.
Charlottesville, VA 22901

Phone: (434) 973-1307
Contact: Daniel Harper, Dharper@Goldsgym.net
Discount: 65% off enrollment, 20% off monthly dues.

Gold's Gym

Address: 2380 Plank Rd.
Fredricksburg, VA 22401
Phone: (540) 368-0032
Contact: Alicia Murphy, AliciaRMurphy@Gmail.com
Discount: Save over 200 on enrollment in corporate membership plan.

Harrisonburg and Bridgewater Fitness

Address: 630 N. Main St
Bridgewater, VA 22812
Phone: (540) 828-2338
Contact: Membership Services
Discount: 17% discount on monthly dues

Jungle's Gym Fitness and Aerobics

Address: 5825 Barclay Dr.
Alexandria, Va 22315
Phone: (703) 922-2022
Contact: George Kosmakos
Discount: 50% off enrollment fee.

Jungle's Gym Fitness and Aerobics

Address: 305 Hooffs Run Dr.
Old Town Alexandria, Va 22314
Phone: (703) 838-9838
Contact: Kyle Morrow
Discount: 50% off enrollment fee

Jungle's Gym Fitness and Aerobics

Address: 9250 Old Keene Mill Rd
Burke, VA 22015
Phone: (703) 455-7551
Contact: Gina DeBlasio
Discount: 50% off enrollment fee

Lancelot Sports Complex

Address: 1110 Vinyard Rd
Vinton, VA 24179
Phone: (540) 981-0205
Contact: Cammie Weeks, lancelotsports@yahoo.com
Discount: \$50 enrollment fee plus 10% off regular dues

Life Time Fitness

Address: 5900 Trinity Parkway
Centreville, VA 20121
Phone: (703) 266-6200
Contact: Membership Office
Website: www.lifetimefitness.com
Discount: Receive 10% off the regular single enrollment price. Bring proof
Of employment

Life Time Fitness

Address: 9602 Main St.
Fairfax, VA 22031
Phone: (703) 323-8700
Website: www.lifetimefitness.com
Contact: Membership Office
Discount: Receive 10% off the regular single enrollment price. Bring proof of
employment

World Gym- Dale City

Address: 4323 Dale BLVD.
Dale City, VA 22193
Phone: (703) 680-0772
Website: www.worldgym.com
Contact: Greg Tayman, Power_lifter_2050@hotmail.com

Gold's Gym- Harrisonburg

Address: 381 Lucy Dr.
Harrisonburg, VA 22801
Phone: (540) 433-3434
Contact: Cindy Williams, Harrisonburgva@Goldsgym.net
Discount: 23% discount on annual package of enrollment fee and monthly
dues

Powerhouse Gym- Stafford

Address: 570 Celebrate Virginia Parkway, Suite 107
Fredricksburg, VA 22406
Phone: (540) 752-7643
Contact: Luke, powerhouse37@live.com
Discount: Free enrollment

Prince William Health Systems Fitness Center

Address: 8640 Sudley Rd, Suite 104
Manassass, VA 20110
Phone: (703) 369-8605

Website: www.pwhs.org
Contact: Michelle Detwiler
Discount: 5\$ off monthly dues. \$20 off assessment fee.

RMH Wellness Center

Address: 501 Stone Spring Rd
Harrisonburg, VA 22801
Phone: (540)564-5685 or (540) 564-5682
Contact: Membership office, mPrillam@RHCC.com
Discount: 50% off enrollment fee

The Fitness Break

Address: 1120 N. Patrick Henry Dr., #120
Arlington, VA 22205
Phone: (703) 536- 2590
Website: www.Thefitnessbreak.tripod.com
Contact: Peggy Gall, TheFitnessbreak@aol.com
Discount: 15% off monthly dues

Body Renew

Address: 170-10 Delco Plaza
Winchester, VA 22602
Phone: (540) 450-0700
Contact: Ninoosh Sale, bodyrenewwinchester@yahoo.com
Discount: \$5 off monthly dues (\$30/month on 2-year membership;
\$40/month on 1-year membership)

South/West Region

Anytime Fitness- Orange, VA

Address: 12395 James Madison Hwy
Orange, VA 22960
Phone: (540)672-1252
Contact: John and Jill Crowder
Discount: Offers special discounts for state employees

Botetourt Athletic Club

Address: 105 Summerfield Ct.
Roanoke, VA 24019
Phone: (540) 992-2993
Website: www.carilionfitness.com
Contact: Sales representative

Discount: Call membership office for special rates

Contours Express of Bristol

Address: 971 Volunteer Pkwy
Bristol, TN 37620
Phone: (423) 652- 0032
Website: www.ContoursExpressTri-Cities.com
Contact: Darlene Dishner, Darlene@gmail.com
Discount: \$149.00 enrollment fee waived= FREE TO JOIN with Proof of state employment required.

Coomes Recreation Center

Address: 300 Stanley St
Abingdon, VA 24210
Phone: (276) 623-5279
Website: www.abingdon.com
Contact: Membership services

Curves for Women- Altavista

Address: 507 Main St.
Altavista, VA 24517
Phone: (434) 369-6400
Contact: Annette Shelton
Discount: \$100 off enrollment fee

Curves- Big Stone Gap

Address: 1514 3rd Ave. E.
Big Stone Gap, VA 24219
Phone: (276) 523-3099
Contact: Vicki Price
Discount: 66% off Service Fee

Curves For Women- Blacksburg

Address: 1301 S. Main St.
Blacksburg, VA 24060
Phone: (540) 951-1918
Contact: Stephanie Dyer
Discount: 30% off enrollment fee and 30% off monthly dues

Total Body Fitness by Tammy, LLC

Address: 100 E., 1st St.
Mineral, VA

Phone: (540) 894-8008
Contact: Tammy Starkey, totalbodyfitness@gmail.com
Discount: 50% of enrollment fee, joining for 12 months and get 1 month free.

The Weight Club

Address: 1715 Pratt Dr., Building 12 #1600
Blacksburg, VA 24060
Phone: (540) 951-2949
Website: www.theweightclub.com
Contact: Christie Heslip
Discount: 12.5% on monthly dues or 10% on discounted prepaid packages of 6 months and 12 months. No enrollment fee.

The Wellness Center

Address: 544-P Galax Plaza
Galax, Va 24333
Phone: (276) 236-5931
Website: www.tcrh.com
Contact: Carrie Phipps, Cphipps@tcrh.org
Discount: 10% off membership

Kinetix Fitness

Address: 177 Wellness Dr.
Cedar Bluff, VA 24609
Phone: (276) 964-4018
Contact: Chris Miller, Jeff Altizer, Shawn Durham,
cmiller@claypoolhillapt.net
Discount: Waive \$50 enrollment fee.

New River Fitness

Address: 51 W. Main St.
Radford, VA 24141
Phone: (540) 639-3241
Website: www.newriverfitness.com
Contact: James Houston
Discount: 10% of membership package

Nautilus Body Works Fitness

Address: 101 Charwood Dr. #3
Abindon, Va 21240
Phone: (276) 628-9003
Contact: Justin Wimmer

Discount: 155 on monthly dues

Olympus Athletic Club

Address: 14424 Albemarle Pr Place
Chantilly, VA 20151

Phone: (703) 378-1171

Contact: Gene Brem

Discount: \$14.99 montly- no aerobics or nusery, \$29.99 monthly includes aerobics and nursery.

Roanoke Athletic Club

Address: 4508 Starkey Rd
Roanoke, VA 24014

Phone: (540) 989-5758

Website: www.Carilionfitness.com

Contact: Sales Representative

Discount: Call membership office for specials and rates

Salem Wellness and Fitness Center

Address: 840 W. Main Street
Salem, VA 24153

Phone: (504) 389-1622

Website: www.salemwellnessandfitness.com

Contact: Tish Brown

Discount: 25% discount on enrollment fee and 10% discount on montly dues

YMCA- Roanoke

Address: 520 Church Ave.
Roanoke, VA 24016

Phone: (540) 342-9622

Contact: Michelle Day, mDay@ymcaroanoke.org

Discount: 50% off joining fee for individuals and family memberships

YMCA- Staunton-Augusta

Address: 708 North Coalter St.
Staunton, VA 24401

Phone: (540) 885-7240

Website: www.saymca.org

Contact: Isaac Coffey, imcoffey@yahoo.com

Discount: ½ off the joining fee, if making monthly payments by automatic Withdrawl, no fee if paying for 1 year in advance, plus 5% off

Monthly dues

Curves- Lynchburg

Address: 2820 Linkhorne Dr.
Lynchburg, VA 24503
Phone: (434)384-7755
Contact: Gwen Nesselrotte

Curves – Lynchburg

Address: 20722 Timberlake Rd., Suite I
Lynchburg, VA 24502
Phone: (434) 237-7907
Contact: Joanne Jarvis

Curves- Madison Heights

Address: 4543 S. Amherst Hwy.
Madison Heights, VA 24572
Phone: (434) 845-7105
Contact: Debra McDarris
Discount: Enrollment Fee waived

Curves- Martinsville

Address: 730 E. Church St., Unit 3
Martinsville, VA 24112
Phone: (276) 632-2022
Contact: Gwen Nesselrotte
Discount: Enrollment fee waived

Curves- Pennington Gap

Address: 1560 West Morgan Ave.
Pennington Gap, VA 24277
Phone: (276)546-2003
Contact: Vicki Price
Discount: 66% off Service Fee

Curves- Radford

Address: 210 W. Main St.
Radford, VA 24141
Phone: (540)639-5779
Contact: Staff, becmoo5@aol.com
Discount: \$100 off enrollment fee with one year membership

Curves- Salem

Address: 1457 W. Main St.
Salem, VA 24153

Phone: (540)444-0367
Contact: Karen Mezza
Discount: \$100 off enrollment fee with one year membership

Curves- South Hill

Address: 932 W. Atlantic St.
South Hill, VA 23970
Phone: (434) 447-5000
Contact: Lola K. Edwards
Discount: 75%- sign up fee

Curves- Weber City

Address: 93 US Hwy 23 South, Suite 4
Weber City, Va 24290
Phone: (276) 225-1555
Contact: Ivy Lane or Vicki Price
Discount: 66% off Service Fee

Danville Athletic Club (DAC)

Address: 441 Piney Forest Rd. Suite M
Danville, VA 24540
Phone: (434) 791-2786
Contacts: David Wilson or Rosemarie Petraccoro
Discount: Waive registration Fee & get 2 extra months N/C

Fit One

Address: 1442 Park Ave.
Norton, Va 24273
Phone: (276) 679-9799
Contact: Steve Childurs
Discount: 10% off monthly dues

Giles County Wellness Center

Address: 140 Clendenin Rd.
Narrows, VA 24124
Phone: (540) 921-4292
Contact: Helen Gillespie
Discount: \$25 per month- single

Gold's Gym

Address: 2505 Wards Rd.
Lynchburg, VA 24502

Phone: (434) 237-4157
Contact: Front Desk
Discount: 20% discount on annual membership

Front Street Fitness

Address: 407 Front St.
Coeburn, VA 24230
Phone: (276) 395-6776
Contact: Tim Hyder
Discount: Ask about group rate for state employees

Jazzercise- Salem

Address: 840 W. Main St.
Salem, Va 24153
Phone: (540)389-1622
Website: www.jazzercise.com
Contact: Jennifer McLendon
Discount: Monthly specials apply. Mention the CommonHealth website and receive your first week free!

Curves- Chilhowie

Address: 118 E. Main St.
Chilhowie, Va 24319
Phone: (276) 646-4090
Contact: Jane Castle or Rachel Bise
Discount: \$100 off enrollment fee with one year membership

Curves for Women- Christiansburg

Address: 1568 S. Franklin St.
Christiansburg, VA 24073
Phone: (540) 381- 3355
Website: www.curvesinternational.com
Contact: Staff
Discount: Current Special

Curves- Daleville

Address: 1436 Roanoke Rd.
Daleville, Va 24083
Phone: (540)966-3122
Contact: Terry Tucker
Discount: \$110 off enrollment fee

