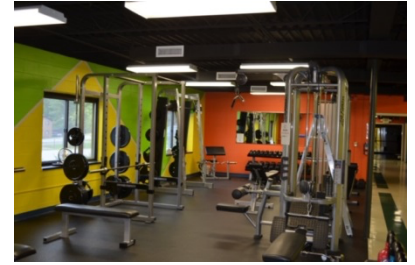




## Waldron Fitness Center



### Hours of Operation

**Monday – Thursday\* 5:00a-8:00p**

**Friday\* 5:00a-6:00p**

\*Closed 12p-1p Mon-Fri

**Saturday 7:00a-12:00p**

**Sunday\*\* 2:00p-5:00p**

\*\* Sunday hours may vary in the summer

### Equipment includes

Free weights

Treadmills

Recumbent bikes

Stationary bikes

Elliptical Machines

Pull-up machine

Dip bar

Jacob's ladder

Rowing machine

TRX system

### Classes Available (included with membership)

Morning & Evening Classes, Schedule is published monthly

Options include Fit for All, Chair Fit, Stretch, HIIT,  
High Fitness, Zumba, Sculpt, Yoga

### 2023 Membership Rates

Individual \$40/month

Household\* \$58/month

Student \$26/month

- \*Household membership includes **CHILDWATCH** during **childwatch hours**
- Discounts for active military, first responders, **healthcare workers and teachers/administrators/support staff**
- Scholarship opportunities are available
- We also participate in the Silver Sneakers program

### Contact us

Phone 540-268-1623

Like us on Facebook at Waldron Fitness Center

Follow us on Instagram at Waldronwellness

Website: [www.eastmontcf.com](http://www.eastmontcf.com) and go to the Waldron tab



Operated by Eastmont Community Foundation, a local 501(c)(3) non-profit organization

267 Alleghany Springs Road, Shawsville  
540-268-1623