



Atlantic Sports & Rehab's offerings for Albemarle County Employees:

- Yoga
- Body Sculpting
- Personal Training
- Strength Training with Free Weights and selectorized machines
- Cardio Vascular Exercise (Bikes, Elliptical, Treadmills, etc...)
- Massage Therapy
- Heated Therapy Pool
- Personalized Stretching
- Programs for weight loss
- Cold and Heat Therapy
- Pain Management Retail Store

Rates:

A one year contract costs \$37 monthly (a \$10 monthly savings) with no initiation fee. **10% off** total cost of contract if paid in full upon signature!

Hours:

Monday, Wednesday, Friday: 5 AM- 8:30 PM
Tuesday, Thursday: 6 AM- 8:30 PM
Saturday: 9 AM- 4PM

Location:

Atlantic Sports & Rehabilitation Services, Inc.
1410 Incarnation Drive Suite 101
Charlottesville, VA 22901
Behind Toys R Us
434-978-4915