



Frequently Asked Questions

What is included in the Fit Rx program?

As a Fit Rx participant, you will have full access to our Carilion Wellness facilities for 60 consecutive days and four one-hour personal training sessions to be used throughout the program. Group exercise classes are included at no additional cost.

Outcomes from the program will be shared with your referring clinician to help with monitoring and improving your overall health.

Is an exercise prescription required in order to be able to take advantage of the 60-day medical membership?

Yes, the Fit Rx program is exclusive to patients referred by their physician in order to improve their medical condition through increased physical activity.

Is a personal trainer included?

Yes, four one-hour training sessions are included to help keep you on track.

Are my family members included on my temporary membership?

You have the option of including additional family/household members 15 years and older on your membership for \$115 per person. If a child, under the age of 15, participates in Fit Rx, the parent will receive a complimentary membership in order to bring the child to the facility.

Childcare is available for no additional cost for children aged 8 weeks through 14 years at the Roanoke and Botetourt locations.

What are the hours of operation?

The Roanoke and Botetourt locations are open Monday through Thursday from 5 a.m.-9:00 p.m., Friday from 5 a.m. – 9 p.m., and Saturday/Sunday from 8 a.m. - 6 p.m.

Is there a commitment to join after the 60-day membership has expired?

There is no commitment to join upon the expiration of your 60-day membership. If you choose to join Carilion Wellness upon completion of the program, you will receive a discounted initiation fee and 20 percent off of the first personal training package you purchase.

Can I do the Fit Rx program more than once?

You may complete Fit Rx once per calendar year.