

Welcome to The WAC

Welcome to Shenandoah County Parks & Recreation and The WAC (Wellness & Activity Center). We are excited that you have chosen SCPR and The WAC in taking an important step in creating a better YOU! Your wellness needs are important to us, we strive to offer all citizens an opportunity to improve their overall quality of life.

The information provided within is provided to you so all can have an enjoyable experience using our facility. We want you to have a positive visit as you enjoy all the services you and others deserve. Our team will maintain and oversee these rules and regulations for your benefit and for the benefit of all our members.

SCPR offers a wide variety of other programs and recreational activities to help improve your overall wellness. From health/fitness classes to trips, sports to kids things, educational options to all age programs, we aim to give everyone something to try. Please let us know if there is a specific item you would like to see offered.

TO REGISTER FOR PROGRAMS: Please visit our website at www.scpr.info and click on REGISTER ONLINE to access our on-line rec management software. Here you can view all of our current activities, create and edit your household, make payments and more! We do not offer over-the-phone registrations. Contact our office if you have issues and we can help.

PHONE: 540.459.6777

EMAIL: scpr@shenandoahcountyva.us

Fitness Center Monthly Fees

Resident Adult/Youth (Ages 16-54)

\$40/mo (\$45 Non-Res)

Resident Adult Couple (Ages 16-54)

\$70/mo (\$75 Non-Res)

Resident Senior (Ages 55+)

\$35/mo (\$40 Non-Res)

Resident Senior Couple (Ages 55+)

\$60/mo (\$70 Non-Res)

Resident Family, 3+ in same household (Ages 16+)

\$100/mo (\$120 Non-Res)

Resident Adult/Youth Daily Fee (Ages 16-54)

\$5/day (\$8 Non-Res)

Resident Senior Daily Fee (Ages 55+)

\$4/day (\$7 Non-Res)

Resident=Lives and/or pays taxes in Shenandoah County.
Non-Resident=Lives outside/does NOT pay Shenandoah County taxes.

CHECKING-IN at The WAC: All members will be issued a MEMBERSHIP ID swipe card/key fob. If purchasing a membership on-line, please come by the office to pickup your membership cards. All members must swipe their ID card upon arrival at The WAC.

MONTHLY AUTO-BILLING: All members are required to use Electronic Funds Transfer (EFT) to pay their reoccurring monthly membership fees. Members may use a debit or credit card. Members are required to update their payment information in the event it would change. Charges occur monthly on day your started membership.

MEMBERSHIP CHANGE/CANCELLATION: Members must submit a MEMBER CHANGE REQUEST FORM to our office 10 days prior to start of new billing cycle for all changes and cancellations. No requests will be honored over the phone or via email. The form is available in our office or on-line at www.scpr.info.

Rules & Regulations

- Minimum age of 16 to purchase a membership.
- Proper fitness/athletic attire required at all times.
- Earbud/headphone required for music listening.
- Towels are available for member use, deposit in hamper when after use.
- Please wipe down equipment after use.
- No cell phone/video use in locker room areas.
- Return all equipment to where it belongs.
- Share equipment in between sets.
- Limit cardio workouts to 30 min per machine.
- It is strongly recommended that all individuals consult with their primary care physician prior to starting any new physical activity.
- No profanity, harrasment or abusive language.
- No alcohol, drugs, or tobacco use. Any member deemed to be impaired or under the influence will be asked to leave and membership may be cancelled.
- Food is prohibited outside of lobby area, beverage containers must have secure tops and no glass.
- Parks and Recreation is not responsible for lost and/or stolen items.
- If you experience shortness of breath, dizziness, chest pains, or any medical abnormality please contact the front desk immediately.
- Lockers are for use, please contact the front desk for more information on locker use.
- If you experience symptoms of communicable illness, including but not limited to, a fever, runny nose, cough, sore throat, or sneezing, please avoid attending The WAC until symptoms have cleared.
- Members are REQUIRED to sign in upon arrival.
- \$5 membership card replacement.
- SCPR reserves the right to cancel memberships based on inappropriate behavior, violation of rules/regs, or other factors deemed necessary to create a positive environment for all members.

Wellness & Activity Center Hours

Monday-Thursday 6a-8p
Friday 6a-7p
Saturday 7a-2p
Sunday Closed

*Hours are subject to change with notice

WEATHER POLICY: SCPR will make decisions on all closures and communicate via social media, our website and email, when possible.



What We Offer

- Treadmills
- Ellipticals
- Free Weights
- Bikes-Spin, upright
- Strength Training machines
- Rowing machines
- Fitness Equipment
- And more!



Get in Touch!

Scan the QR code to visit our website!
Call or email us to get more info.



(540) 459-6777
www.scpr.info
1195 Hisey Avenue
Woodstock, VA
scpr@shenandoahcountyva.us



Wellness & Activity Center Membership Information 'The WAC'

