



ORTHOGEORGIA
Orthopaedic Specialists

OrthoGeorgia Wellness

The OrthoGeorgia Wellness Program is a partnership between doctors, therapists, and wellness personnel to ensure the best quality care and wellness programming for each individual's needs. It is extended to individuals who wish to pursue further strengthening and conditioning following rehabilitation and injury or for those who simply wish to achieve specific health and wellness goals. Our facility has the latest strength and conditioning equipment including LifeFitness aerobic and weight circuit training. Competent and trained personnel conduct an individualized fitness assessment and routine follow-ups to promote continual progress and improvement in your health and fitness. This supervised, personalized service ensures that members will never feel overlooked and will enjoy having accountability for their exercise program. You may choose a club membership, group classes, or individual personal training. We provide these services because we want our clients to be healthy, fit and active for their entire life.

We offer services ranging from fitness assessments, personalized workout programs, group classes, personal training, massage, and post-rehab supervised workouts. Our hours are Monday through Thursday 8:30 am to 6:30 pm, Friday 8:30 am to 12:30 pm.

Contact Us!

To contact our team, please call 254-5356 Monday-Friday between 8:30 AM and 5:30 PM. Our reception team will direct you to the appropriate personnel.