

**Old Dominion University  
Exercise Science Program  
Internship Addresses**

**CARDIAC REHABILITATION**

Virginia Beach General Cardiac Fitness Center  
Contact: Scott VanGeluwe  
2126 Great Neck Square Shopping Center  
Virginia Beach, VA 234541  
481-7656

Lifestyle Fitness Center  
Chesapeake General Hospital  
Contact: Christopher T. Brinkley  
800 Battlefield Blvd, North  
P.O. Box 2028  
Chesapeake, VA 23320  
312-6132

Norfolk General Hospital  
Contact: Tawnya Reynolds  
600 Gresham Drive  
Norfolk, VA 23507  
668-3921

Bon Secour DePaul Hospital Medical Center  
Contact: Twanna Bryant  
150 Kingsley Lane  
Norfolk, Virginia 23505  
889-2126

Riverside Rehabilitation  
Contact: Susan Donston  
500 J. Clyde Morris Blvd.  
Newport News, Virginia 23601  
594-2291

Norfolk Surgical Group  
Non-invasive Technology  
Contact: Linda Kiraly  
250 West Brambleton Ave  
Norfolk, VA 23510  
622-2649

Columbia Retreat Hospital  
Contact: Sarah Smith  
2621 Grove Avenue  
Richmond, VA  
804 254-5198

Inova Fairfax Hospital  
Contact: Wendy Johnson/Nicole Price  
7036 Columbia Pike  
Annandale, VA  
703 698-3576

George Washington University  
Women's Exercise Research Center  
Contact: Jollie Glass  
jolle@gwu.edu  
2127 G St NW  
Washington, DC  
202 994-6927

Bon Secour Maryview hospital  
Contact: Brenda Alexander  
3636 high Street  
Portsmouth, VA 23454  
398-2591

Sentara Hampton  
Contact: Donna Peebles  
3120 Victoria Blvd  
Hampton, VA 23661  
827-2078

**PHYSICAL THERAPY**

Health South Sports Medicine and Rehabilitation Center  
Contact: Cynthia Cooper  
4501 N. Witchduck Road  
Virginia Beach, VA 23455  
490-9243

Health South Sports Medicine and Rehabilitation Center  
Contact: Renee Midget

Ghent Physical Therapy  
Contact: Tania Hines  
957 W. 21st St  
Norfolk, VA  
623-0867

Norfolk Physical Therapy Center  
Contact: Robin Visser

1849 Old Donation Parkway  
Virginia Beach, VA  
481-3349

839 Poplar Hall Dr  
Norfolk, VA 23517  
459-2112

Tidewater Physical Therapy Center  
Contact: Holly Becker  
535 Hilltop Plaza Shopping Center  
Virginia Beach, VA  
425-6234

## **WELLNESS**

Langley Health and Wellness Center  
223 Elm Street  
Hampton, VA 23669  
764-5791/5792  
[cathyhenry@langley.af.com](mailto:cathyhenry@langley.af.com)

YMCA - Reston  
12196 Sunset Hills Road  
Reston, VA 20190  
703 318-5304

USAA  
Contact: Debbie Kopeccky  
5800 North Hampton Blvd  
Norfolk, VA 23502-0939  
893-5509  
[debbie.kopeccky@usaa.com](mailto:debbie.kopeccky@usaa.com)

Bayside Wellness and Fitness Center  
Contact: Mark Dana  
1608 Pleasure House Road  
Virginia Beach, VA 23455  
464-3333

Ford Motor Company  
Contact: Dianna Guess  
2424 Ford Drive  
Norfolk, VA 23523  
494-5502  
[dguess@ford.com](mailto:dguess@ford.com)

The Cooper Institute  
  
Dallas, Texas  
800 365-7050 ext 3250

Depaul Wellness Center  
Contact: Kimberely Parrish  
150 Kingsley Lane  
Norfolk, Virginia 23505  
889-5112

JPMorgan Chase Bank Fitness Center  
Contact: Mike McLaughlin  
150 West University Drive, Bldg G  
Tempe, AZ 85282  
480 902-7115

City of Norfolk-Employee Wellness Program  
Contact: Donna Vogel  
Department of Human Resources  
100 City Hall Building  
Norfolk, VA  
664-4457  
[donna.vogel@norfolk.gov](mailto:donna.vogel@norfolk.gov)

JPMorgan Chase Bank Fitness Center  
Contact: Reginald Brown  
400 White Clay Center  
Newark, DE 19711  
302 758-4095

Norfolk Family YMCA  
Contact: Barbara Moore/Beth Armstrong  
312 West Bute St  
Norfolk, VA  
622-9622

JPMorgan Chase Bank Fitness Center  
Contact: Bruce Lipsky  
1 Chase Manhattan Plaza, 1 fl  
New York, NY 10081  
212 552-7992

Greenbrier Country Club  
Contact: Liliana Crane  
1301 Volvo Parkway  
Chesapeake, VA 23320  
547-7375  
[liliana.crane@ouclub.com](mailto:liliana.crane@ouclub.com)

First Colonial Inn  
Contact: Matt Towler  
854 First Colonial Road  
Virginia Beach, VA 23451  
428-2884  
[towler@kiscoret.com](mailto:towler@kiscoret.com)

Riverside Wellness and Fitness Center  
Contact: Lavonne Joyce  
627 Pilot House Drive  
Newport News, VA 23606  
594-2433  
[lavonnejoyce@rivhs.com](mailto:lavonnejoyce@rivhs.com)

Old Dominion University  
Wellness Institute and Research Center  
Dept ESPER  
Rm 140  
Norfolk, VA 23503  
Contact: Dr. David Swain  
683-6028  
[dswain@odu.edu](mailto:dswain@odu.edu)

Chesapeake General Hospital-Lifestyle Center  
Contact: Beth Reitz  
800 Battlefield Blvd  
Chesapeake, VA 23320  
312-6132  
[beth.reitz@chelat.org](mailto:beth.reitz@chelat.org)

Riverside Wellness & Fitness Centers  
(6 locations in VA)  
Contact: LaVonne Joyce  
[Lavonne.joyce.rivs.com](mailto:Lavonne.joyce.rivs.com)  
627 Pilot House Drive  
Newport News, VA 23606  
757 594-2433

Norfolk Yacht and Country Club  
Contact: Alex Garland  
7001 Hampton Blvd  
Norfolk, VA 53505  
489-5385  
[agarland@norfolkyacht.com](mailto:agarland@norfolkyacht.com)

JPMorgan Chase Bank Fitness Center  
Contact: Mike Denino  
4 Chase Metro Tech Center, 2 Fl  
Brooklyn, NY 11245  
718 242-8127

JPMorgan Chase Bank Fitness Center  
Contact: Jeffrey Keller  
4110 George Rd, 1 FL  
Tampa, FL  
813 584-3988

Naval Amphibious Base – Little Creek  
Rockwell Hall Gymnasium  
Contact: Paul Knapp  
Bldg #3147  
Norfolk, VA  
462-1491

JPMorgan Chase Bank Fitness Center  
Contact: Cassandra Howard  
10420 Highland Manor Drive, 1 FL  
Tampa, FL  
813 432-5308

Dept of Army  
Contact: Bill Von Ohlen  
Anderson Field House, Bldg 643  
Fort Eustis, VA 23604  
878-2097 [William.vonohlen@eustis.army.mil](mailto:William.vonohlen@eustis.army.mil)

Johnson & Johnson, Health Care Systems  
Contact: Monique Schmottlach  
McLean, VA  
703 676-8964  
[mschmott@hcsus.jnj.com](mailto:mschmott@hcsus.jnj.com)

Chesapeake General Hospital-Lifestyle Center  
Contact: Beth Vincent or Page Lile  
Western Branch  
4626 Taylor Road  
Chesapeake, VA 23321  
483-8300  
[brad.Vincent@chelth.org](mailto:brad.Vincent@chelth.org)  
[paige.lile@chelath.org](mailto:paige.lile@chelath.org)

YMCA MT Trashmore Family YMCA  
Contact: Karen Gambill  
4441 South Blvd  
Virginia Beach, VA 23452  
456-9622  
[kgambill@ymcashr.org](mailto:kgambill@ymcashr.org)

**CHIROPRACTIC**

Beach-Norfolk Chiropractic  
Contact: Dr. Scott Niblo  
953-A W.21st St.  
Norfolk, VA 23517  
622-8777

**ADDITIONAL WEB SITES DOR INSTERNSHIPS:**

<http://www.acsm.org> (if a member of ACSM)

<http://www.seacsm.org>

<http://www.wellnessconnection.com>