

## **Fitness Center, Glen Allen**

Age Requirements

16-21

,

18 and over

Available 24/7

Yes

Family

Yes

Intake Process

Call for more information. Walk in, complete application. Visit the website for information and amenities

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Glen Allen

<https://www.amfamfit.com>

<https://www.facebook.com/AmericanFamilyFitness/>

Main

(804) 261-1000

10101 BROOK RD STE 100

23059 VA

United States

Additional Availability Comments

Most locations open 24 hours from Sunday 9AM until Friday 10PM. Re-opens Saturday from 7AM - 8 PM.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

## English

American Family Fitness is a Fitness Center offering facilities for basketball, racquetball, swimming, tennis, volleyball, weight training, exercise equipment, weight lifting machines, free weights, exercise bicycles, treadmills, elliptical runners, stair climbers, and rowing machines. There are classes offered in aerobics-low impact, step, cardio boxing/kickboxing, and water; stretching/flexibility/pilates; spinning/studio cycling; racquetball lessons; yoga; dance; and martial arts.

All members can use the other area American Family Fitness Centers for free.

Service Area(s)

Hanover County

,

Henrico County