

## **Fitness Center, Colonial Heights**

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Contact Email

[jjohnson@amfamfit.com](mailto:jjohnson@amfamfit.com)

Intake Process

Visit the web to amenities, call the office, complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Colonial Heights

<https://amfamfit.com/colonial-heights/>

Main

(804) 520-7000

501 East Rosyln Road

23834 VA

United States

Monday: 5:00 am-11:00 pm

Tuesday: 5:00 am-11:00 pm

Wednesday: 5:00 am-11:00 pm

Thursday: 5:00 am-11:00 pm

Friday: 5:00 am-11:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 8:00 am-6:00 pm

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 Center in Colonial Heights offers facilities for weight training, exercise equipment, weight lifting machines, free weights, exercise bicycles, treadmills, elliptical runners, stair climbers, cross country ski simulators, and rowing machines. There are classes offered in aerobics-low impact, step, cardio boxing/kickboxing, and water; stretching/flexibility/pilates; spinning/studio cycling; yoga; and boxing. Amenities at this facility include sauna; steam room; Jacuzzi/whirlpool; individual shower stalls; free daily lockers; child care; personal trainers; and tanning facilities.

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

Service Area(s)

Colonial Heights City

,

Hopewell City

,

James City County

,

Petersburg City

,

Prince Edward County