

## **Fitness Center, Midlothian**

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact

Program Director

Intake Process

Please call or visit for more information.

Self Refer

Yes

ACAC Fitness and Wellness Center

<https://acac.com/midlothian/>

Main

(804) 378-1600

11621 Robious Road

23113 VA

United States

Monday: 5:00 am-10:00 pm

Tuesday: 5:00 am-10:00 pm

Wednesday: 5:00 am-10:00 pm

Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:00 am-8:00 pm

Sunday: 7:00 am-8:00 pm

Additional Availability Comments

Call for hours on Holidays

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

ACAC is a Wellness and Fitness Center offering comprehensive fitness facilities, aquatics, junior and adult tennis program, group exercise and mind-body classes, personal training, physician's referred exercise programs, summer camps, senior fitness and wellness, water park and corporate fitness programs.

The Center includes both indoor and outdoor swimming pools and indoor and outdoor tennis courts. Amenities include sauna, steam room, individual shower stalls, free towels, free daily lockers, child care, personal trainers, and massage.

Call or visit the website for membership options.

Service Area(s)

Chesterfield County

,

Henrico County

,

Powhatan County

,

Richmond City