

## Fitness Facilities

Available 24/7

No

Family

No

Intake Contact

Denise Chauvette

Intake Contact Email

sholt@arlingtonva.us

Intake Process

Visit the website for information or call

Self Refer

Yes

Arlington County Department of Parks and Recreation

<http://parks.arlingtonva.us/>

<https://parks.arlingtonva.us/fitness-center-membership-fees/>

Main

(703) 228-0701

4200 South Four Mill Run

22204 VA

United States

Additional Availability Comments

Hours vary at each Fitness Center.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Arlington County Department of Parks and Recreation maintains 7 fitness centers for residents. Facility hours vary. Personal training is available at some centers. Check out gym drop in options. Registration is required. Youth and teens (9-17) may work

out for free with a parent or guardian. [Where to Purchase a Fitness Membership:](#)

Spanish registration and membership information is available online.

Each Community Center has a Fitness Center. The Barcroft Sports & Fitness Center is located in Barcroft Park and offers an array of programs. Features include: a multipurpose gymnasium; a fitness room; a wellness studio; a fully equipped gymnastics area; a boxing training gym; an observation deck overlooking the gymnasium and gymnastics area. Transit Options (within 1/4 mi): Metrobus 16W and 22A

Service Area(s)

Arlington County