

## **Fitness Center, Fredericksburg**

Age Requirements

No Age Requirement

Available 24/7

Yes

Family

No

Intake Contact Email

svaden@amfamfit.com

Intake Process

Complete application

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Fredericksburg

<https://amfamfit.com/fredericksburg>

<https://amfamfit.com/fredericksburg/amenities/>

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

Main

(540) 898-6111

10020 Southpoint Parkway

22407 VA

United States

Monday: 4:00 am-11:00 pm

Tuesday: 4:00 am-11:00 pm

Wednesday: 4:00 am-11:00 pm

Thursday: 4:00 am-11:00 pm

Friday: 4:00 am-9:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 8:00 am-6:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay  
Languages Spoken  
English

American Family Fitness in Fredericksburg offers facilities for basketball, racquetball, swimming, volleyball, 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, stretching/flexibility/pilates, spinning/studio cycling, racquetball lessons, yoga, martial arts, and boxing.

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

Service Area(s)  
Caroline County  
,  
Fredericksburg City  
,  
Spotsylvania County  
,  
Stafford County