

## Exercise and Fitness

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Visit the website for information about classes and the gym facilities, call the office.

Complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Gold's Gym, Sterling, VA

<https://www.goldsgym.com/sterlingva/>

Main

(703) 584-4802

46262 Cranston Street

20165 VA

United States

Monday: 4:00 am-10:00 pm

Tuesday: 4:00 am-10:00 pm

Wednesday: 4:00 am-10:00 pm

Thursday: 4:00 am-10:00 pm

Friday: 4:00 am-9:00 pm

Saturday: 6:00 am-6:00 pm

Sunday: 6:00 am-6:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Gold's Gym offers a variety of exercise programs and opportunities from classes for yoga and step, to cycle and dance.

This gym includes Pool, PoolCardio Equipment, Cardio EquipmentGroup Exercise, Boxing Area, Personal Training, Pro Shop, Smoothie Bar, CycleMind & Body Studio, Mind & Body Studio, Nutrition Counseling, Kids Club, Kids Basketball Court, Women Only Workout Area. Free Weights and Locker Rooms.

Please call for more information or visit the website.

Service Area(s)

Loudoun County