

## **Personal Training**

Age Requirements

18 and over

Family

No

Intake Process

Visit the website or call the office for information and membership options.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Midlothian Athletic Club (MAC)

<http://www.macrichmond.com>

<https://www.macrichmond.com/personal-training/>

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

Main

(804) 330-2222

10800 Center View Drive

23235 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-8:00 pm

Saturday: 7:00 am-6:30 pm

Sunday: 7:00 am-6:30 pm

Additional Availability Comments

Membership hours are Monday – Friday, 9 am-6 pm and Saturday and Sunday, 10 am – 4 pm.

Fee Structure

Fixed Fee

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Membership Fee  
Payment Method(s)  
Private Pay  
Languages Spoken  
English

Midlothian Athletic Club (MAC) offers experienced trainers to guide you through a personalized workout. Personal trainers can help you receive the following benefits: Increased muscular strength, endurance and flexibility, Stress reduction and mood elevation, Reduced risk of injury, Weight loss (increase in lean muscle mass), Improved self-esteem, and Better sleep.

A private training allows you to focus on your individual workout without interruption. In addition to Cardiovascular and Strength training equipment, we offer a variety of group training classes.

Call for more information.

Service Area(s)  
Chesterfield County

,  
Henrico County

,  
Powhatan County

,  
Richmond City