

## **Fitness Center**

Available 24/7

No

Other Eligibility Criteria

Open

Intake Contact Email

info@courtsidewest.com

Intake Process

Call for details about an event or class. Complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Courtside West

<https://www.courtsidewest.com/>

<https://www.courtsidewest.com/fitness>

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

Main

(804) 740-4263

1145 Gaskins Road

23233 VA

United States

Additional Availability Comments

Call for information about a specific class or sport

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Courtside West is a fitness center offering indoor tennis, racquetball, and fitness facilities, as well as strength, cardio, yoga and fitness classes.

One-on-one personal training is available in both 60-minute and 30-minute sessions. A Hypervolt Massage session is a 15-minute vibration therapy session. The Hypervolt accelerates warm-up or recovery, improve range of motion and flexibility, reduce muscle soreness, and enhance performance.

Service Area(s)

Chesterfield County

,

Hanover County

,

Henrico County

,

Richmond City