

## Fitness Center, Swift Creek

Available 24/7

No

Family

Yes

Intake Contact Email

dmayton@amfamfit.com

Intake Process

Call for more information. Complete membership application to join

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Swift Creek

<https://amfamfit.com/midlothian-swift-creek/>

Main

(804) 763-1111

4751 Brad McNeer Parkway

23112 VA

United States

Monday: 5:00 am-11:00 am

Tuesday: 5:00 am-11:00 am

Wednesday: 5:00 am-11:00 am

Thursday: 5:00 am-11:00 am

Friday: 5:00 am-9:00 am

Saturday: 7:00 am-6:00 pm

Sunday: 8:00 am-6:00 pm

Additional Availability Comments

Opens Sunday at 9AM and closes at 10PM on Friday. Re-opens Saturday from 7AM-8PM

Fee Structure

Membership Fee

Payment Method(s)

Credit / Debit

,  
Private Pay  
Languages Spoken  
English

A Fitness Center offering 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, and water; stretching/flexibility/pilates; racquetball lessons; yoga; dance; martial arts; and boxing.

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

Service Area(s)  
Chesterfield County

,  
Henrico County

,  
Powhatan County