

# Fitness Center, Personal Training, Exercise Classes

Age Requirements

16-21

,

18 and over

Available 24/7

No

Family

No

Intake Contact

Nancy Burnet

Intake Contact Email

nancyburnet@verizon.net

Intake Process

Call the office for more information

Self Refer

Yes

Active Life Fitness Center

<http://www.activelifitnesscenter.com>

<http://www.activelifitnesscenter.com/membership.html>

Main

(804) 557-3520

11518 Aspengraf Lane

23124 VA

United States

Additional Availability Comments

After hours, all adult members have 24/7 access to the building with their membership key card.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Active Life Fitness Center offers strength and cardio fitness programs, including treadmills, Cybex, elliptical, bikes, free weights and other fitness equipment. Personal training available. Call about group exercise classes, which include Body Defined, Muscle Pump, Ball Boot Camp, Yoga, Pilates and more. Periodic review of your exercise plan can be provided.

### [Prime Healthways and Silver Sneakers](#)

Active Life Fitness center is proud to be part of the Prime and SilverSneakers fitness center networks.

Service Area(s)

New Kent County

Email

[contact@ActiveLifeFitnessCenter.com](mailto:contact@ActiveLifeFitnessCenter.com)