

Fitness, Midlothian

Family

Yes

Intake Contact Email

fwood@amfamfit.com

Intake Process

Visit the website, call the office, drop in, complete membership application

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Midlothian

<https://amfamfit.com/midlothian>

Main

(804) 378-7667

12900 Amfit Way

23114 VA

United States

Monday: 5:00 am-11:00 pm

Tuesday: 5:00 am-11:00 pm

Wednesday: 5:00 am-11:00 pm

Thursday: 5:00 am-11:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 8:00 am-6:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

American Family Fitness offers facilities for 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; spinning/studio cycling; yoga; and boxing. Amenities at this facility include individual shower stalls; free daily lockers; child care; personal trainers; and tanning facilities.

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

Service Area(s)

Chesterfield County

,

Powhatan County

,

Richmond City