

## Fitness, Chester

Age Requirements

No Age Requirement

Family

Yes

Intake Process

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

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Chester

<https://amfamfit.com/chester/>

Main

(804) 748-4222

12201 South Chalkley Road

23831 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 in Chester 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.

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

Service Area(s)

Chesterfield County

,

Colonial Heights City

,

Hopewell City

,

Petersburg City