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