

## **Fitness Center, Short Pump**

Age Requirements

No Age Requirement

Intake Process

Please call or visit the center for more information.

Self Refer

Yes

ACAC Fitness and Wellness Center

<https://acac.com/short-pump/>

Main

(804) 464-0990

2201 Old Brick Road

23060 VA

United States

Monday: 5:00 am-10:00 pm

Tuesday: 5:00 am-10:00 pm

Wednesday: 5:00 am-10:00 pm

Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:00 am-8:00 pm

Sunday: 7:00 am-8:00 pm

Payment Method(s)

Private Pay

Languages Spoken

English

ACAC is a Wellness and Fitness Center offering comprehensive fitness facilities, aquatics, junior and adult tennis program, group exercise and mind-body classes, personal training, physician's referred exercise programs, summer camps, senior fitness and wellness, water park and corporate fitness programs.

The Center includes both indoor and outdoor swimming pools and indoor and outdoor tennis courts. Amenities include sauna, steam room, individual shower stalls, free towels, free daily lockers, child care, personal trainers, and massage.

Call or visit the website for membership options.

Service Area(s)

Goochland County

,

Hanover County

,

Henrico County

,

Louisa County

,

Richmond City