Fitness Center, Military Base

Age Requirements 18 and over Available 24/7 No Other Eligibility Criteria The Fitness Center is open to all patrons with access to the base. Family No **Intake Process** Walk in; call for information. **Report Problems** Call the Agency Self Refer Yes Naval Support Facility Dahlgren https://www.cnic.navy.mil/regions/ndw/installations/nsa south potomac/installat... https://www.facebook.com/USNavy Main (540) 653-8580 **Toll-Free** (855) 227-6331 6509 Sampson Road 22448 VA **United States** Monday: 6:00 am-9:00 pm Tuesday: 6:00 am-9:00 pm Wednesday: 6:00 am-9:00 pm Thursday: 6:00 am-9:00 pm Friday: 6:00 am-9:00 pm Saturday: 9:00 am-3:00 pm Sunday: 9:00 am-3:00 pm Fee Structure Fee Range

Payment Method(s) Private Pay

Veterans Languages Spoken English

The Fitness Center at Dahlgren offers physical fitness and recreational opportunities. Anyone who has base access can take advantage of a weight room, exercise room, racquetball and basketball court and cardio room.

It also offers men's and women's locker rooms, a family fitness room for parents with children ages 6-weeks to 6-years of age and a classroom for training opportunities.

The Center is open 7 days a week. Call 540-653-8580 for more information.

Service Area(s) King George County