

## Fitness Center in West End

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact Email

jlakey@amfamfit.com

Intake Process

Call for more information. Walk in, complete application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Short Pump

<https://amfamfit.com/richmond-short-pump/>

<https://www.facebook.com/AmericanFamilyFitness/>

Main

(804) 364-1200

11760 West Broad Street

23233 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

Additional Availability Comments

Most locations open 24 hours from Sunday 9AM until Friday 10PM. Re-opens Saturday from 7AM - 8 PM.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

American Family Fitness, West End, offers facilities for basketball, racquetball, swimming, volleyball, 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, stretching/flexibility/pilates, spinning/studio cycling, racquetball lessons, yoga, martial arts, and boxing. Amenities at this facility include sauna, Jacuzzi/whirlpool, individual shower stalls, free daily lockers, child care, personal trainers, massage, and tanning facilities.

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

Service Area(s)

Goochland County

,

Hanover County

,

Henrico County

,

Louisa County

,

Richmond City