

## Fitness

Age Requirements

6-12

,

13-21

,

18 and over

Available 24/7

No

Family

Yes

Intake Contact

Fitness Managers

Intake Process

By telephone or walk-in. Please call for more information. Call 804-545-8635 for membership information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Weinstein JCC

<https://weinsteinjcc.org/>

<https://weinsteinjcc.org/fitness-aquatics-wellness/fitness/fitness-classes/>

Main

(804) 288-6091

5403 Monument Avenue

23226 VA

United States

Monday: 5:00 am-9:00 pm

Tuesday: 5:00 am-9:00 pm

Wednesday: 5:00 am-9:00 pm

Thursday: 5:00 am-9:00 pm

Friday: 5:00 am-6:00 pm

Saturday: 8:00 am-5:00 pm

Sunday: 8:00 am-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The physical fitness program is for members, either individually or as a team member. Facilities include basketball, racquetball, swimming, and weight training. Exercise equipment includes 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; racquetball lessons; Tai Chi; yoga; dance; and martial arts. Amenities include sauna, steam room, Jacuzzi/whirlpool, individual shower stalls, free towels, free daily lockers, child care, personal trainers, and massage.

Members can use many JCCs and YMCAs in the US for free of by paying a discounted guest fee (policy varies by facility).

Contracts are for one year and can be cancelled for customer dissatisfaction, medical reasons, or moving. Members can freeze memberships with no limitations or fees.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Richmond City