

## Fitness Center

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

All ages

Family

No

Intake Process

Call for day and time of a program.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Woodlake Swim & Racquet Club

<https://www.woodlakeonline.com/>

<https://www.woodlakeonline.com/fitness-overview-2/>

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

Main

(804) 739-3454

14700 Village Square Place

23112 VA

United States

Monday: 5:00 am-8:00 pm

Tuesday: 5:00 am-8:00 pm

Wednesday: 5:00 am-8:00 pm

Thursday: 5:00 am-8:00 pm

Friday: 5:00 am-8:00 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 Woodlake Community Association took over operations of the Woodlake Swim & Racquet Club. Membership inquiries can be made at (804) 739-3454. For complete information about the facilities, programs, and classes, please visit website.

At Woodlake many unique fitness opportunities are offered for all ages and levels. Whether you enjoy group fitness classes, personal training, or exercising on your own we have a variety of fitness options that will help keep you active. A complimentary consultation with the Fitness Supervisor will help evaluate your current fitness level and what you can do to achieve the best results.

We also offer Group Exercise with over 70 classes per week, including offerings from Les Mills, POUND, Piloxing, Booty Barre, Zumba, Yoga, Pilates, Cycle, Aquatics, and more! We have two studios and equipment is provided

An outdoor pool is located at 5000 at 5000 Woodlake Village Pkwy, Midlothian, VA 23112. The indoor pool is located at 14700 Village Square Place.

Service Area(s)  
Chesterfield County