Exercise and Fitness

Age Requirements No Age Requirement Family Yes Intake Process Visit the website for information about classes and the gym facilities, call the office. Complete membership application **Provider Refer** Yes **Report Problems** Call the Agency Self Refer Yes Gold's Gym, Sterling, VA https://www.goldsgym.com/sterlingva/ Main (703) 584-4802 46262 Cranston Street 20165 VA **United States** Monday: 4:00 am-10:00 pm Tuesday: 4:00 am-10:00 pm Wednesday: 4:00 am-10:00 pm Thursday: 4:00 am-10:00 pm Friday: 4:00 am-9:00 pm Saturday: 6:00 am-6:00 pm Sunday: 6:00 am-6:00 pm Fee Structure **Membership Fee** Payment Method(s) Private Pay Languages Spoken English

Gold's Gym offers a variety of exercise programs and opportunities from classes for yoga and step, to cycle and dance.

This gym includes Pool, PoolCardio Equipment, Cardio EquipmentGroup Exercise, Boxing Area, Personal Training, Pro Shop, Smoothie Bar, CycleMind & Body Studio, Mind & Body Studio, Nutrition Counseling, Kids Club, Kids Basketball Court, Women Only Workout Area. Free Weights and Locker Rooms.

Please call for more information or visit the website.

Service Area(s) Loudoun County