

## **Fitness Center, Mount Vernon RECenter**

Age Requirements

18 and over

Family

No

Intake Process

Call the office; visit the website

Report Problems

Call the Agency

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Send an Email

Self Refer

Yes

Fairfax County Park Authority

<https://www.fairfaxcounty.gov/parks/>

<https://www.fairfaxcounty.gov/parks/reccenter/mount-vernon/fitness>

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

Main

(703) 768-3224

Mount Vernon Rec Center

2017 Belle View Blvd

22307 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Call or visit the website for Holiday hours, class hours, pool hours and the hours the pool is closed to the public

Languages Spoken

English

The Fairfax County Park Authority offers the Mount Vernon RECenter to the residents of Fairfax County. Membership offers a wide variety of drop-in group fitness classes. The Center offers a heated indoor pool, Fitness Center, dance room, multi-purpose rooms and indoor ice arena. Ice skating fees are separate from general admission fees.

Wellness Services are designed to help you live a healthy and productive life. These services include Massage Therapy, Health Coaching and Nutritional Consultations. In the Fitness Room, there are cardiovascular machines, which include treadmills, elliptical trainers and bikes, most with personal television viewing screens offer something for everyone. The Center offers drop-in group, fitness classes.

To sign up online you need a Parktakes account and a Visa or MasterCard. Create your account today, call 703-222-4664.

Personal Training is available.

Service Area(s)

Alexandria City

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov)