

## Fitness Center

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

The Fitness Center is open to all patrons with access to the base.

Family

Yes

Intake Process

Walk in; call for information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Naval Support Facility Dahlgren

[https://www.cnic.navy.mil/regions/ndw/installations/nsa\\_south\\_potomac/installat...](https://www.cnic.navy.mil/regions/ndw/installations/nsa_south_potomac/installat...)

<http://www.navymwrdahlgren.com/programs/7c4428b3-47c7-4921-80ca-8f343338c3cd>

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

Main

(540) 653-8580

17540 Dahlgren Road, Building 1610

22448 VA

United States

Languages Spoken

English

The Fitness Center houses physical fitness and athletics and offers a variety of recreational opportunities with circuit and free weight rooms, group exercise room, two racquetball courts and a full size basketball court. The cardio room provides

patrons with the option to use treadmills, bikes, elliptical machines, adaptive movement trainers or a step mill during their visit.

The Center is open 7 days a week. There is also a 3/4 mile track behind building 101.

Visit the website for a fitness activity schedule and upcoming events. The Fitness Center is open to all patrons with access to the base.

Service Area(s)

King George County