

## Fitness Center, Military Base

### Age Requirements

18 and over

Available 24/7

No

### Other Eligibility Criteria

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

### Family

No

### Intake Process

Walk in; call for information.

### Report Problems

Call the Agency

Self Refer

Yes

Naval Support Facility Dahlgren

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

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

### Main

(540) 653-8580

Toll-Free

(855) 227-6331

6509 Sampson Road

22448 VA

United States

Monday: 6:00 am-9:00 pm

Tuesday: 6:00 am-9:00 pm

Wednesday: 6:00 am-9:00 pm

Thursday: 6:00 am-9:00 pm

Friday: 6:00 am-9:00 pm

Saturday: 9:00 am-3:00 pm

Sunday: 9:00 am-3:00 pm

### Fee Structure

Fee Range

Payment Method(s)

Private Pay

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Veterans

Languages Spoken

English

The Fitness Center at Dahlgren offers physical fitness and recreational opportunities. Anyone who has base access can take advantage of a weight room, exercise room, racquetball and basketball court and cardio room.

It also offers men's and women's locker rooms, a family fitness room for parents with children ages 6-weeks to 6-years of age and a classroom for training opportunities.

The Center is open 7 days a week. Call 540-653-8580 for more information.

Service Area(s)

King George County