

Fitness Center, Mechanicsville

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact Email

cdempesis@amfamfit.com

Intake Process

Call, Walk in; complete membership application;

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

American Family Fitness Center, Mechanicsville

<https://amfamfit.com/mechanicsville>

Main

(804) 569-1600

6337 Mechanicsville Turnpike

23111 VA

United States

Monday: 5:00 am-11:00 pm

Tuesday: 5:00 am-11:00 pm

Wednesday: 5:00 am-11:00 pm

Thursday: 5:00 am-11:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 8:00 am-6:00 pm

Additional Availability Comments

Class and activity hours may vary

Fee Structure

Membership Fee
Payment Method(s)
Private Pay
Languages Spoken
English

American Family Fitness in Mechanicsville offers facilities for basketball, swimming, volleyball, weight training, exercise equipment, weight lifting machines, free weights, exercise bicycles, treadmills, elliptical runners, stair climbers, and rowing machines. There are classes offered in aerobics-low impact, step, cardio boxing/kickboxing, and water; stretching/flexibility/pilates; spinning/studio cycling; yoga; and martial arts. Call for amenities.

All members can use other American Family Fitness Centers in the area for free.

Service Area(s)
Hanover County
,
King William County