

## Fitness Center

Age Requirements

No Age Requirement

Available 24/7

No

Family

Yes

Intake Process

Visit the website or call the office for information and membership options.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Midlothian Athletic Club (MAC)

<http://www.macrichmond.com>

<https://www.macrichmond.com/group-exercise/>

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

Main

(804) 330-2222

10800 Center View Drive

23235 VA

United States

Monday: 6:00 am-8:00 pm

Tuesday: 6:00 am-8:00 pm

Wednesday: 6:00 am-8:00 pm

Thursday: 6:00 am-8:00 pm

Friday: 6:00 am-8:00 pm

Saturday: 7:00 am-6:30 pm

Sunday: 7:00 am-6:30 pm

Additional Availability Comments

Membership hours are Monday – Friday, 9 am-6 pm and Saturday and Sunday, 10 am – 4 pm.

## Fee Structure

Fixed Fee

,

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Midlothian Athletic Club offers a fitness center with facilities for basketball, racquetball, indoor and outdoor swimming, indoor and outdoor tennis, volleyball, and weight training. Exercise equipment includes weight lifting machines, free weights, exercise bicycles, treadmills, elliptical runners, stair climbers, and rowing machines.

Classes offered include aerobics-low impact, step, cardio boxing/kickboxing, and water aerobics; Spinning/studio cycling; tennis lessons, racquetball lessons; Tai Chi; Yoga; Martial Arts.

Amenities include sauna, steam room, Jacuzzi/whirlpool, individual shower stalls, free towels, free daily lockers, child care, personal trainers, and massage.

Contracts are for one year and can be cancelled for medical reasons and for moving. Members can freeze memberships for travel for a \$15 per month fee, the contract is extended.

Service Area(s)

Chesterfield County

,

Henrico County

,

Powhatan County

,

Richmond City