

## Exercise, Classes and Personal Trainer

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact

Staff

Intake Process

Visit the facility; telephone; complete membership application

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Gold's Gym, Culpeper

<https://www.goldsgym.com/culpeperva/>

<https://www.facebook.com/pages/Golds-Gym/1607906462784754>

Main

(540) 727-2000

201 Southgate Shopping Center

22701 VA

United States

Monday: 5:00 am-10:00 pm

Tuesday: 5:00 am-10:00 pm

Wednesday: 5:00 am-10:00 pm

Thursday: 5:00 am-10:00 pm

Friday: 5:00 am-9:00 pm

Saturday: 7:00 am-6:00 pm

Sunday: 7:00 am-6:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Gold's Gym is a co-ed gym offering members cardio equipment, free weights, group exercise classes, Kidz Club, resistance machines, and Yoga/Pilates studio. Personal Training is available, sauna/steam room, spinning room and tanning.

Staff helps members achieve their individual potential. For older adults, join the Silver Sneakers Fitness Program, the nation's leading exercise program designed exclusively for older adults.

[Learn More](#) about Silver Sneakers fitness for adults 65 and older under select Medicare plans.

Service Area(s)

Culpeper County