Fitness, Midlothian

Family Yes Intake Contact Email fwood@amfamfit.com Intake Process Visit the website, call the office, drop in, complete membership application **Report Problems** Call the Agency Self Refer Yes American Family Fitness Center, Midlothian https://amfamfit.com/midlothian Main (804) 378-7667 12900 Amfit Way 23114 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 Fee Structure **Membership Fee** Payment Method(s) Private Pay Languages Spoken English

American Family Fitness offers facilities for weight training, exercise equipment, weight lifting machines, free weights, exercise bicycles, treadmills, elliptical runners, stair climbers, cross country ski simulators, 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 boxing. Amenities at this facility include individual shower stalls; free daily lockers; child care; personal trainers; and tanning facilities.

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

Service Area(s) Chesterfield County

Powhatan County

Richmond City