

## Exercise and Fitness

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Membership fee; visit the website or call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Gold's Gym, Chantilly

<https://www.goldsgym.com/chantilly-plaza-va/>

<https://contact.chantilly@goldsgymdcmetro.com>

Main

(703) 378-4653

14290 Sulyfield Circle, Suite 400

20151 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-10:00 pm

Saturday: 7:00 am-7:00 pm

Sunday: 7:00 am-7:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Gold's Gym in Chantilly offers a variety of fitness options. Group fitness classes are available, including Yoga, Zumba, aquatic, personal trainer, martial arts and more. The gym offers fitness tools, fitness experts, corporate wellness and more.

Service Area(s)

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[contact.chantilly@goldsgymdcmetro.com](mailto:contact.chantilly@goldsgymdcmetro.com)