

## Exercise, Fitness, Personal Training

Age Requirements

16-21

,

18 and over

Family

No

Intake Process

Visit the website, complete membership application

Self Refer

Yes

Life Time Fitness

<https://www.lifetime.life/life-time-locations/va-centreville.html>

<https://www.lifetime.life/life-time-locations/va-centreville.html?selecteddate=...>

Main

(703) 266-6200

5900 Trinity Parkway

20120 VA

United States

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Life Time Fitness offers fitness and wellness programs. Fitness includes group classes, Yoga, pilates, and personal training. Call for information about weight loss, chiropractic, spa and athletic events. Health screenings available periodically, along with nutritional coaching.

\Pleae call for more information.

Service Area(s)

Fairfax City

,

Fairfax County

,

Falls Church City

,

Loudoun County