

FITNESS

**CENTERS &
PASSES**

Henrico County has two fitness centers and offers a variety of fitness classes across the county.

FITNESS CENTERS

Deep Run Rec Center

9900 Ridgefield Parkway

Eastern Henrico Rec Center

1440 N. Laburnum Ave

HOURS

Monday-Thursday: 7am-9pm

Friday: 7am-8pm

Saturday: 8am-5pm

Sunday: 1-5pm

MEMBERSHIP OPTIONS

Individual: \$10/month

Family: \$20/month

**College Student: \$30 for 3 months
(paid in advance)**

**Fixed Rate: Pay for as many months
as you want up to
12 months.**

**No contracts, no extra fees,
and no mandatory orientations.*

Group Exercise Access Pass

*A Group Exercise Access Pass is required to participate in any
Henrico County Recreation and Parks fitness class.*

- Passes must be scanned prior to participation in each, individual class.
- Please note the minimum age for each class.
- Passes are unique to the access pass holder.
- Classes operate on a first-come, first-served basis.
- Maximum capacity is based on the nature of the class and the space being utilized.
- Group Exercise Access Passes are required to be renewed on an annual basis.
- Patrons agree to abide by all Group Exercise rules and regulations.
- Henrico Recreation and Parks reserves the right to revoke access from patrons abusing rules, regulations, and facilities.

FITNESS

GROUP EXERCISE

Henrico County offers a variety of free fitness classes across the county.

LOCATIONS

Belmont Rec Center

1600 Hilliard Road

Deep Run Rec Center

9900 Ridgefield Parkway

Dorey Rec Center

2999 Darbytown Road

Eastern Henrico Rec Center

1440 N. Laburnum Avenue

CLASS SCHEDULES

A current class schedule is available online and at each center.

Use the filters to view by location or type!

Scan or [Click to View Schedule](#)



TYPES OF CLASSES

- 30/30
- Barre
- Bellydance Fusion
- Body Sculpt
- Boot Camp Conditioning
- Cardio Blast
- Cardio Kickboxing
- Cardio Kinetics
- Chair Yoga
- Chill Flow Yoga
- CIRCL Mobility
- Core & Kettlebells
- Core Flow Yoga
- Cycle
- Evening Unwind Yoga
- Flex & Stretch
- Hatha Yoga
- HIIT
- Kickboxing
- Kids Yoga
- KidsFit
- Pilates
- PITAIYO
- Power Yoga
- Relax & Restore Yoga
- Rest & Recharge Yoga
- Rockin' with Weights
- Senior Balance & Core
- Senior Tai Chi
- Senior Wellness
- Small Group Training
- Strength & Cardio
- STRONG Nation
- Tone-Up
- Total Body Strength
- TRX
- Tweens Yoga
- Vibrant Flow Yoga
- Well Being Tai Chi
- Xtreme Burn
- Xtreme Step
- Youth Fit
- Zumba

Class offerings and schedules are subject to change.

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