



AMERICAN FAMILY FITNESS

Wellness Benefit for the State of Virginia

CommonHealth and AFF are Corporate Partners!
State of Virginia employees receive discounted rates
for 12 Month and Month-to-Month
Single, Couple and Family Memberships.

An AFF Membership includes:

All Nine (9) Club locations

Group Exercise Classes and Use of Pool Areas

FREE Consultation with a Personal Trainer

Cardiovascular and Strength Training Equipment

Kids Zone & Activities

And much, much more!

Do you have questions
regarding membership?

Would you like a guest pass
to experience AFF?

Please contact your preferred
Club location:



WILLIAMSBURG (757) 258-3111 | FREDERICKSBURG (540) 898-6111

CHESTER (804) 748-4222 | COLONIAL HEIGHTS (804) 520-7000

MECHANICSVILLE (804) 569-1600 | MIDLOTHIAN (804) 378-7667

SHORT PUMP (804) 364-1200 | SWIFT CREEK (804) 763-1111

VIRGINIA CENTER COMMONS (804) 261-1000