

## In Home Exercise Fitness Programs

Age Requirements

6-12

,

13-21

,

18 and over

Other Eligibility Criteria

Ages 6 and older.

Intake Contact

Aaron Behrens

Intake Contact Email

aaron.behrens@gymguyz.com

Intake Process

Clients may request services through the website or call them directly so they will come to you to provide the service.

Intake Contact Telephone

(571) 758-5434

Report Problems

Other

Self Refer

Yes

GYMGUYZ Falls Church

<https://www.gymguyz.com/falls-church/>

Main

(571) 758-5434

Toll-Free

(855) 496-4969

450 W Broad Street

22046 VA

United States

Monday: 4:30 am-9:00 pm

Tuesday: 4:30 am-9:00 pm

Wednesday: 4:30 am-9:00 pm

Thursday: 4:30 am-9:00 pm

Friday: 4:30 am-9:00 pm

Saturday: 6:00 am-3:00 pm

Sunday: 6:00 am-3:00 pm

Fee Structure

Fee Range

,

Call for Information

Payment Method(s)

Family & Individual Supports Waiver

Languages Spoken

English

GYMGUYZ Falls Church offers in-home exercise services one-on-one with national certified trainers.

Service Area(s)

Alexandria City

,

Arlington County

,

Clarke County

,

Culpeper County

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Fauquier County

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Frederick County

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Fredericksburg City

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Loudoun County

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Manassas City

,

Manassas Park City

,

Prince William County

,

Rappahannock County

,

Spotsylvania County

,

Stafford County

,

Warren County

,

Winchester City

Email

[southerndc@gymguyz.com](mailto:southerndc@gymguyz.com)