

DEEP RUN FITNESS CENTER



Monday- Thursday: 8am-9pm

Friday: 8am-8pm

Saturday: 8am-5pm

Sunday: 1-5pm

***Free Group Exercise Classes every day of
the week except Sundays**

9900 Ridgfield Parkway
Henrico, VA 23233

EQUIPMENT



2,719

Square foot
fitness center



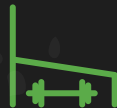
15

Cardio Equipment from
Freemotion and LifeFitness



1

LifeFitness Dual
Pulley-Cable



2

Adjustable Multi-
Functional Benches



- Dumbbells from 5lbs-75lbs
- Barbells from 20lbs-110lbs
- Free Weight and Stretching Areas



1

S180 Synergy
Functional Trainer

- Battle Ropes
- Rope Pull Pulley
- Medicine Balls
- Kettlebells

12

Station LifeFitness
Insignia Series Circuit

- Seated Leg Press
- Seated Leg Curl
- Seated Leg Extension
- Seated Hip Abductor/Adductor
- Seated Abdominal Crunch
- Seated Back Extension
- Seated Chest Press
- Seated Shoulder Press
- Seated Biceps Curl
- Seated Triceps Extension
- Seated Row
- Seated Pulldown

MEMBERSHIP TYPES



INDIVIDUAL

- Auto renews at \$10/ month
- Renews every month until you cancel (**MUST CANCEL IN WRITING**)

FIXED RATE

- \$10/ month
- Pay for as many months as you want up to 12 months.

COLLEGE MEMBERSHIP

- \$30 for 3 months up front

FAMILY

- Auto renews at \$20/ month
- Renews every month until you cancel (**MUST CANCEL IN WRITING**)

FIXED RATE

- \$20/ month
- Pay for as many months as you want, up to 12 months, and up to 10 family members in the same household.

CONNECT

CONTACT US!



(804) 652-1430



DeepRun@henrico.us

MORE INFO!



SCAN ME



@HenricoRecandParks

***No contracts, no extra fees, no two-week trial, and no mandatory orientations**