

The Barracks Gym - Agawam

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The Barracks Gym - Agawam

Discover The Barracks Gym: Your Local Boxing Destination in Agawam, Massachusetts

If you're searching for a ****boxing gym**** that offers more than just a workout, look no further than **The Barracks Gym**. Located in Agawam, Massachusetts, this local-owned and operated gym provides an incredible environment for fitness enthusiasts of all levels.

Experience Personalized Training

At The Barracks Gym, you'll find a dedicated team led by Taylor, who is

renowned for his ability to tailor workouts to meet individual needs. Many members have praised the gym for its ****personal training**** sessions that ensure everyone gets the most out of their fitness journey. One satisfied member states, "I have been going here for a few months and love it!"

A Perfect Fit for Everyone

Whether you are a seasoned boxer or just starting out, The Barracks Gym has something for everyone. The gym may be small, but it is fully equipped with everything you need for an effective workout. Members rave about the excellent ****cardio workouts**** provided through boxing sessions, which add excitement and intensity to traditional fitness routines. As one member puts it, "What an awesome cardio workout!!!"

Accessibility Matters

One of the highlights of The Barracks Gym is its commitment to inclusivity. The gym features a ****wheelchair-accessible car park****, making it easy for everyone to access the facility. This attention to accessibility ensures that all community members can participate in fitness activities, regardless of their physical abilities.

More Than Just Boxing

In addition to boxing, The Barracks Gym offers various services, including sauna facilities and conditioning/fitness programs. This comprehensive approach to fitness allows members to engage in a well-rounded health regimen.

Join The Community

If you're looking for a supportive and friendly atmosphere to reach your fitness goals, The Barracks Gym is highly recommended. With the guidance of Taylor and his team, you will find the motivation you need to succeed. Don't miss out on the opportunity to be part of this fantastic local gem in Agawam! In summary, The Barracks Gym stands out not only for its excellent training and community atmosphere but also for its commitment to ensuring that all individuals have the opportunity to lead healthy, active lives. Come visit and see the difference for yourself!

Our address is

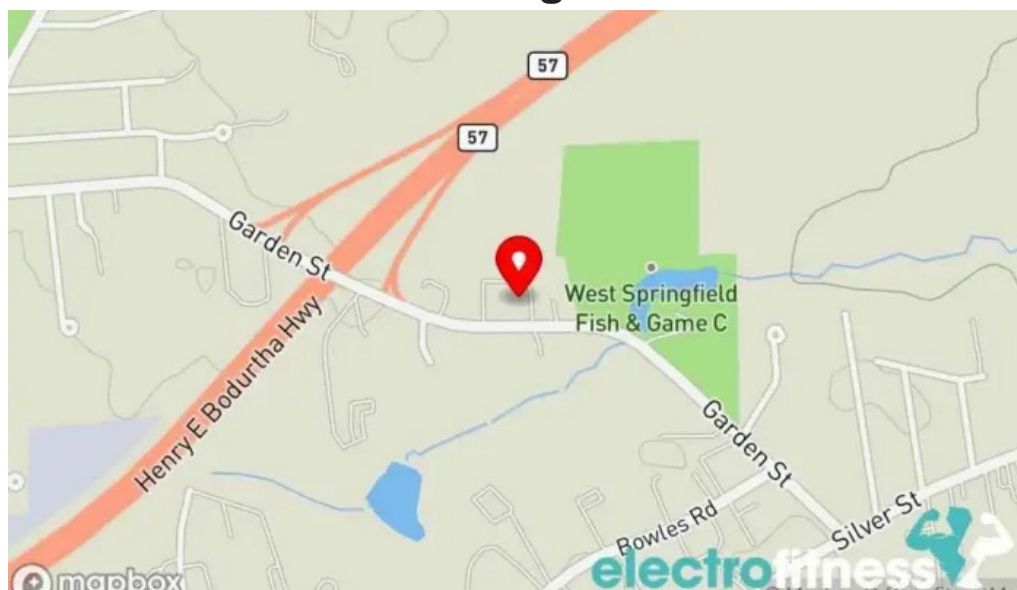
271 Garden St, 01001 Agawam, Massachusetts - United States (US)

Visit us during the following hours:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

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Images



The barracks gym map



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Tags

Wheelchair-accessible car park, Accessibility

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