

## Boxing For Health - Oakland

oakland

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## *Boxing For Health - Oakland*

### **Boxing for Health: Your Go-To Boxing Gym in Oakland, California**

Located in the heart of Oakland, **Boxing for Health (BFH)** is a unique boxing gym that prioritizes accessibility and community. With a welcoming atmosphere and dedicated staff, this Black-owned gym has become a staple for individuals of all ages looking to enhance their fitness journey.

### **Accessibility that Welcomes Everyone**

Boxing for Health prides itself on being an inclusive space. The gym features a **wheelchair-accessible entrance**, ensuring that everyone can join in on the fun, regardless of physical limitations. This thoughtful design makes it an ideal place for families, especially those with **children** eager to learn boxing or engage in fitness activities.

## A Community Built on Support

From the moment you step inside, you'll feel the **warmth and encouragement** that characterizes BFH. Many members rave about the friendly and patient trainers, including Miguel, Moussie, and Wayne. They not only provide fantastic training in both group classes and one-on-one settings but also create a supportive community where everyone feels at home.

## Fun Workouts for All Ages

The workouts at Boxing for Health are designed to be challenging yet fun, making them suitable for individuals from all walks of life. Whether you're a child just starting out or an elderly beginner, the trainers work tirelessly to tailor sessions that meet your needs. The boot camp style classes push you to your limits while fostering a sense of camaraderie among members.

## Why Choose Boxing for Health?

**Expert Trainers:** Learn from a team of trainers with professional boxing experience, ensuring that you receive the best coaching possible. **Welcoming Environment:** BFH fosters an atmosphere where hard work and positivity thrive. You won't feel judged—only motivated! **Flexible Class Schedule:** With classes starting every hour from 5 PM to 7 PM, finding a time that works for your schedule is convenient.

## A Commitment to Health and Community

Boxing for Health is not just about getting fit; it's about creating a strong community focused on wellness. Members frequently express their gratitude for the atmosphere and the sense of family they find at the gym. It's a place where bonding over sweat leads to lasting friendships.

## Conclusion

If you're looking for a boxing gym in Oakland that emphasizes **accessibility**, community, and a commitment to health, **Boxing for Health** is the perfect choice. Join today, and experience a workout that transforms not just your body but your entire outlook on fitness!

## **We are positioned at**

452 Santa Clara Ave, 94610 Oakland, California - United States (US)

The phone number of the mentioned **Boxing gym** is +1510-444-9269

And if you want to send a WhatsApp, you can do so at +1510-444-9269

## **We are open during the following hours:**

Day Hours  
Monday  
10?AM–8?PM  
Tuesday  
10?AM–8?PM  
Wednesday  
10?AM–8?PM  
Thursday  
10?AM–8?PM  
Friday  
10?AM–1?PM  
Saturday  
Closed  
Sunday  
10?AM–8?PM

The website is Boxing For Health

If you need to alter any data that you believe is not correct concerning this site, we urge you to deliver a message and we will correct it as soon as possible. Thank you in advance thank you very much.

## **Images**



*Boxing for health videos*

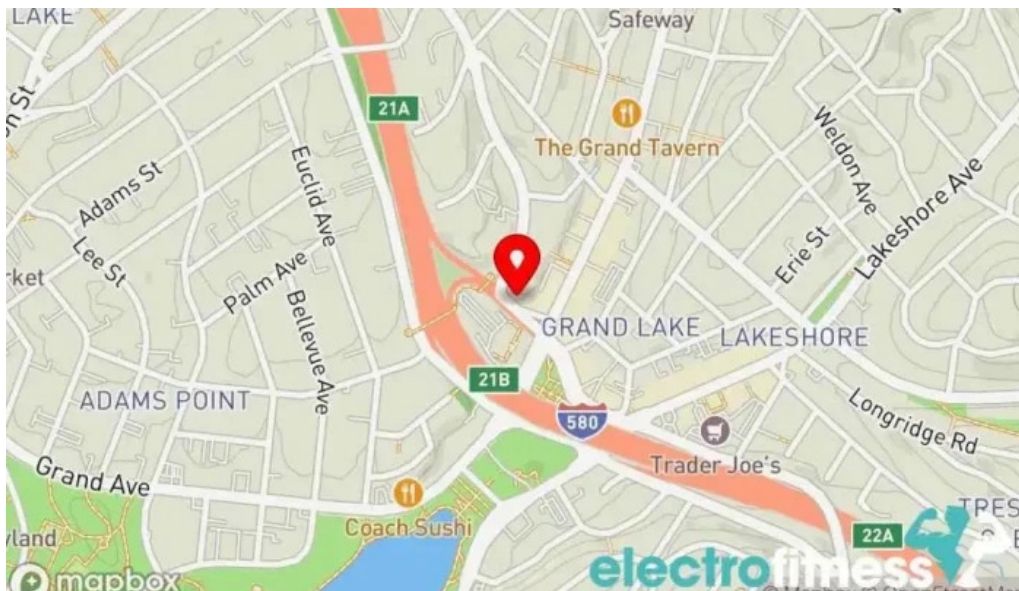


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## Tags

*Accessibility, From the business, Identifies as Black-owned, Children, Wheelchair-accessible entrance, Good for kids*

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aquatic centre
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athletic club
auditorium
bar
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church
club
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community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness



fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
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hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy

physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
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wellness program
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