

## Anchor Strength - Alameda

alameda

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## Anchor Strength - Alameda

### Discover Anchor Strength: Fitness Center in Alameda, California

If you're searching for a fitness center that combines effective training with an inclusive environment, look no further than **Anchor Strength** in Alameda, California. This hidden gem is designed to accommodate everyone, including those who require additional accessibility features.

### Accessibility Features at Anchor Strength

One of the standout features of Anchor Strength is its commitment to **accessibility**. The facility boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can benefit from the top-notch training offered within. This focus on **accessibility** is a crucial aspect that sets Anchor Strength apart from other fitness centers.

## **Expert Training with Jeff Bott**

At the helm of Anchor Strength is **Jeff Bott**, a personal trainer renowned for his exceptional knowledge and unique training approach. Clients rave about their experiences, noting incredible improvements in strength, confidence, and overall physical well-being. With a focus on slow-motion, high-intensity workouts, Jeff tailors each session to meet individual needs, making it suitable for everyone from beginners to seasoned athletes.

## **Testimonials from Satisfied Clients**

The feedback from clients underscores the value of training at Anchor Strength. One long-term client shares:

"I have been training with Jeff for over eight years, and the results speak for themselves. I have become noticeably stronger and more confident in my body."

Another client notes the personalized experience:

"Jeff is incredibly motivating and supportive. He tailors every workout to fit my personal goals, and I've seen incredible progress in both strength and endurance."

## **Inclusive Environment for All Ages**

At Anchor Strength, individuals of all ages find a welcoming space. A

77-year-old client expressed this sentiment perfectly:

"My muscle tone has increased, I have excellent balance, and I feel strong and vital. This is the best investment I have made in my health."

Whether you're young or old, new to fitness or a seasoned athlete, Anchor Strength provides a safe and encouraging environment. Clients appreciate Jeff's ability to push them past their limits while ensuring they maintain proper form, which is critical for preventing injuries.

## **Conclusion: Your Fitness Journey Starts Here**

If you're ready to take your fitness journey to the next level, consider joining **Anchor Strength**. With its focus on accessibility, expert training, and personalized workouts, you'll be set up for success. Don't just take our word for it—experience the difference for yourself!

**The business is situated at**

1434 Webster St, 94501 Alameda, California - United States (US)

The contact line of said **Fitness center** is +1415-902-0611

And if you want to send a WhatsApp, you can do so at +1415-902-0611

### **Our business hours are:**

Day	Hours
Monday	6?AM–6?PM
Tuesday	6?AM–6?PM
Wednesday	6?AM–6?PM
Thursday	6?AM–6?PM
Friday	Closed
Saturday	Closed
Sunday	6?AM–6?PM

The website is Anchor Strength

In case you want to alter any information that you believe is incorrect about this portal, we ask forward a message so that we will correct it at the earliest convenience. In advance thanks for your cooperation.

## **Images**



*Anchor strength street view 360deg*



*Anchor strength map*



*Anchor strength gym*



*Anchor strength by owner*





*Anchor strength all*



*Anchor strength alameda*

## Tags

*Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance*

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<b>5.0 *</b>	<i>Ballatore Strength - Gainesville</i>

## Categories

academic department
acupuncture clinic
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amusement park ride
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apartment complex
aquatic centre
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auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
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
health food restaurant
health spa
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
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization