

## Optimal Fitness at Good Shepherd - Allentown

allentown

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## *Optimal Fitness at Good Shepherd - Allentown*

### **Discover Optimal Fitness at Good Shepherd in Allentown, Pennsylvania**

Optimal Fitness is not just a typical fitness center; it's a community where accessibility meets a welcoming atmosphere. Located in Allentown, Pennsylvania, this gym stands out for its commitment to inclusivity and excellent on-site services.

### **Accessibility for Everyone**

One of the major highlights of Optimal Fitness is its \*\*wheelchair-accessible

entrance\*\* and \*\*wheelchair-accessible car park\*\*, ensuring that everyone can enjoy their workout without barriers. Members appreciate the \*\*wheelchair-accessible seating\*\* available throughout the facility, making it easy for all individuals to feel comfortable while engaging with others.

## **Welcoming Atmosphere**

Visitors consistently remark on the friendly environment fostered by both staff and members. Comments like “I love this gym and the staff are helpful” reflect the sense of community at Optimal Fitness. The welcoming atmosphere makes it an ideal place for anyone looking to improve their fitness, regardless of their background or abilities.

## **Amenities That Enhance Your Experience**

Optimal Fitness offers a range of amenities that cater to individual needs. With \*\*gender-neutral toilets\*\* and clean \*\*showers\*\*, the fitness center prioritizes privacy and comfort. Members also benefit from access to a \*\*swimming pool\*\*, providing a refreshing alternative for cardio and relaxation.

## **On-Site Services**

The gym provides various \*\*on-site services\*\* designed to enhance the overall experience for its members. Whether you need guidance from personal trainers or are looking to participate in group classes, Optimal Fitness offers resources that cater to all fitness levels.

## **Planning Your Visit**

For those considering joining, \*\*membership is required\*\* for access to the full range of facilities. Planning your visits can optimize your workout routine, ensuring that you make the most out of your time at the gym.

## **Conclusion**

Optimal Fitness at Good Shepherd is more than just a fitness center—it is a hub for health, wellness, and community. With its focus on accessibility, a welcoming atmosphere, and comprehensive amenities, it is the perfect place to embark on your fitness journey. Embrace your potential at a gym that truly cares about your needs.

## **Our location is in**

850 S 5th St Lower Level, 18103 Allentown, Pennsylvania - United States (US)

The contact phone of the respective **Fitness center** is +1610-776-3167

And if you want to send a WhatsApp, you can do so at +1610-776-3167

## Visit us during the following hours:

Day Hours  
Monday

7?AM–6?PM

Tuesday

7?AM–4:30?PM

Wednesday

8?AM–12?PM

Thursday

Closed

Friday

7?AM–6?PM

Saturday

7?AM–6?PM

Sunday

7?AM–6?PM

The website is [Optimal Fitness at Good Shepherd](#)

If you wish to change any detail that you feel is not correct concerning this site, we kindly request send a message and we will adjust it at the earliest convenience. In advance thanks.

## Images

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*Optimal fitness at good shepherd videos*



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## Tags

*Swimming pool, Shower, Wheelchair-accessible car park, Amenities, Wheelchair-accessible seating, Wheelchair-accessible entrance, Atmosphere, Toilet, Service options, Membership required, Accessibility, Gender-neutral toilets, On-site services, Planning*

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## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
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
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization
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
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel

indoor cycling
jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school

school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
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 pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization