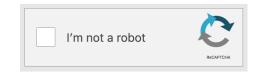


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Optimal Fitness at Good Shepherd - Allentown

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

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 Eriday 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





Optimal fitness at good shepherd street view 360deg



Optimal fitness at good shepherd map



Optimal fitness at good shepherd allentown

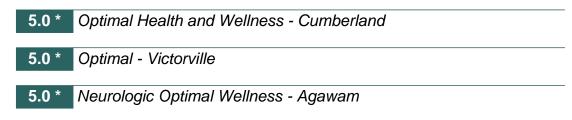


Optimal fitness at good shepherd all

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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