

Primal Fit Maine - Berwick

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Primal Fit Maine - Berwick

Discover Primal Fit Maine: A Fitness Center Like No Other in Berwick

If you're searching for a welcoming and inclusive fitness center, look no further than **Primal Fit Maine** in Berwick, Maine. With a strong emphasis on community, accessibility, and quality workouts, this gym is designed to support individuals of all fitness levels.

Accessibility Features

Primal Fit Maine prioritizes **accessibility** for all its members. The facility includes:

Wheelchair-accessible car park Wheelchair-accessible entrance

Gender-neutral toilets

This thoughtful design ensures everyone can enjoy their fitness journey comfortably and confidently.

A Gym for Everyone

The community at Primal Fit Maine is incredibly supportive, making it ideal for **children and adults alike**. The gym features:

Good for kids: Family-friendly atmosphere and programs designed for younger fitness enthusiasts. **Swimming pool:** A great amenity for those

interested in aquatic workouts. **Free parking lot:** Convenient **on-site parking** makes visits hassle-free.

Whether you are a beginner or an experienced athlete, you'll find a place where you belong.

Engaging Workouts and Supportive Community

At the heart of Primal Fit Maine is the personalized approach of owner and coach Sheri. Members rave about the **functional fitness** workouts that are not only challenging but also tailored to individual needs. Testimonials highlight:

Engaging daily workouts that keep you motivated. A focus on core strength, essential for overall health. Support and modifications offered by Sheri for those with specific health concerns.

A Space that Feels Like Home

Members describe Primal Fit as more than just a gym; it's a **community**. With opportunities for group challenges and social events, it fosters lasting friendships and camaraderie. Whether you're attending classes or participating in events like food drives, you'll feel a sense of belonging.

Great Amenities and Class Variety

The amenities at Primal Fit Maine don't stop at accessibility. The facility is always clean and well-maintained, offering:

Diverse class schedules to fit your lifestyle Options for all ages and fitness levels, including specialized classes such as Legends for older adults A vibrant atmosphere enlivened by Sheri's upbeat personality and dedication to member success

Join the Primal Fit Family Today!

If you're considering a gym that provides a mix of **fun, fitness**, and a supportive environment, Primal Fit Maine is the place for you. With easy **parking**, inclusive facilities, and a commitment to making every member feel welcome and valued,

there's no reason to wait. Come check it out today and take your first step toward a healthier lifestyle!

Our business is found at

12 Sullivan St Unit 116, 03901 Berwick, Maine - United States (US)

The contact line of the respective **Fitness center** is +1207-415-3056
And if you want to send a WhatsApp, you can do so at +1207-415-3056

We look forward to seeing you at:

Day Hours
Monday
5:15?AM–6:30?PM
Tuesday
8–10?AM
Wednesday
Closed
Thursday
5:15?AM–6:30?PM
Friday
5:15?AM–6:30?PM
Saturday
5:15?AM–6:30?PM
Sunday
5:15?AM–6:30?PM

The website is Primal Fit Maine

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Images



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Primal fit maine map



Primal fit maine gym



Primal fit maine by owner



Primal fit maine berwick



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Tags

Swimming pool, Accessibility, Free parking lot, Good for kids, Gender-neutral toilets, Parking, Amenities, Children, On-site parking, Wheelchair-accessible car park, Wheelchair-accessible entrance

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