


Women's Fitness Studio & Spa - Brunswick

brunswick

☐ I'm not a robot


RECAPTCHA

| | |
|------------------------|--------------|
| Published on: 30/05/25 | Hits: 220 |
| Comments: 0 | See comments |
| Votes: 20 | Score: 4.2 |

https://www.electrofitness.com/fitness-center/brunswick/women-s-fitness-studio-spa-brunswick_3532

75.php



brunswick

Women's Fitness Studio & Spa - Brunswick

Discover Women's Fitness Studio & Spa in Brunswick, Maine

Welcome to the ****Women's Fitness Studio & Spa****, an empowering space designed specifically for women in Brunswick, Maine. This fitness center offers a variety of on-site services that cater to your health and wellness needs.

On-Site Services and Amenities

At Women's Fitness Studio & Spa, you'll find a range of ****on-site services**** aimed at enhancing your fitness journey. The facility features a

****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that all members can enjoy the amenities comfortably. Additionally, there are facilities like a ****toilet**** that are also wheelchair accessible.

Membership and Accessibility

Membership is required to access the numerous amenities offered by the studio. All classes are included in the membership fee, providing an excellent value for those interested in a diverse range of workouts. The studio proudly identifies as ****women-owned****, promoting a community focused on empowerment and support.

Planning Your Workout Schedule

For those planning their fitness regimen, the studio offers both in-person and ****online classes****, allowing flexibility in how you choose to work out. With a supportive atmosphere cultivated by the friendly staff and members, you'll never feel alone on your fitness journey.

Appointment and Class Information

While a ****first personal training appointment is free****, it's important to note that some services may require an appointment. Classes are offered at various times, ensuring that you can find a slot that fits into your busy schedule.

Community Feedback

Members rave about the ****great atmosphere**** that Women's Fitness Studio & Spa provides. Many have highlighted the supportiveness of both staff and fellow gym-goers. One member shared, "Such an empowering atmosphere with amazing instructors and owners!" This sense of community is a core aspect of the studio's mission. However, it's essential to be aware of the membership details. Some members have expressed concerns about unclear membership agreements, particularly regarding automatic payments. It's advisable to clarify terms before signing up to avoid any misunderstandings.

Conclusion

If you're searching for a place that prioritizes ****community**** and ****health****, look no further than the Women's Fitness Studio & Spa in Brunswick, Maine. With various on-site services, robust class offerings, and a welcoming environment, many women find this studio to be the perfect spot to achieve their fitness goals.

We are located at

21 Stanwood St, 04011 Brunswick, Maine - United States (US)

The contact phone of this **Fitness center** is +1207-729-5544

And if you want to send a WhatsApp, you can do so at +1207-729-5544

Our public attention hours are:

Day Hours
Monday

5?AM–6:30?PM

Tuesday

5?AM–12?PM

Wednesday

7:30?AM–12?PM

Thursday

7:30?AM–12?PM

Friday

5?AM–6:30?PM

Saturday

5?AM–6:30?PM

Sunday

5?AM–6:30?PM

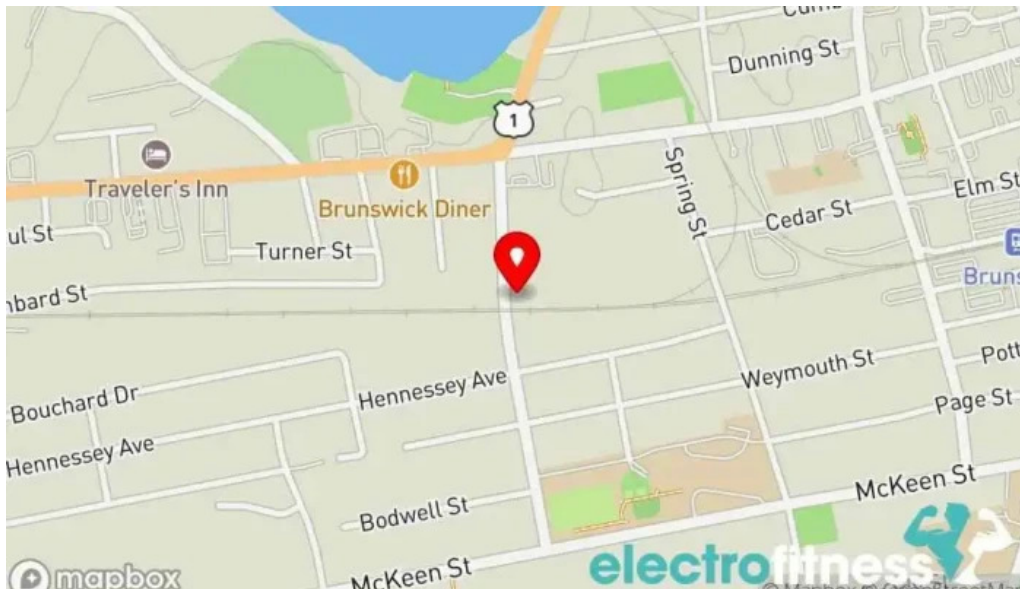
The website is [Women's Fitness Studio & Spa](#)

In case you want to alter any information that you think is incorrect related to this web, we ask send us a message so that we will handle it quickly. With anticipation thank you very much.

Images



Womens fitness studio spa street view 360deg



Womens fitness studio spa map



Womens fitness studio spa gym



Womens fitness studio spa by owner



Womens fitness studio spa all



Women s fitness studio spa brunswick

Tags

Accessibility, Identifies as women-owned, Membership required, Toilet, Wheelchair-accessible car park, On-site services, Appointment required, Amenities, Planning, Service options, Wheelchair-accessible entrance, From the business, Online classes

Related content

| | |
|-------|---|
| 4.6 * | <i>Mountain Massage Wellness Spa - Cumberland</i> |
| 4.8 * | <i>Serenity Day Spa - Yakima</i> |
| 5.0 * | <i>Alchemy Studio and Spa - Sutter Creek</i> |
| 4.7 * | <i>Just Breathe Salt Spa & Yoga Studio, Llc - Altoona</i> |
| 4.8 * | <i>Weiler Academy Wellness and Spa - Allouez</i> |
| 5.0 * | <i>Avani Day Spa & Yoga Studio - Hastings</i> |
| 5.0 * | <i>SpaZeria Wellness Spa - Fort Myers</i> |
| 3.7 * | <i>Reflections The Spa - Stateline</i> |
| 4.8 * | <i>Studio 55 Fitness Studio - Aliquippa</i> |
| 4.4 * | <i>Coachman Wellness Spa - South Lake Tahoe</i> |

Categories

| |
|----------------------------|
| academic department |
| acupuncture clinic |
| after school program |
| aikido school |
| amusement center |
| amusement park ride |
| animal feed store |
| apartment building |
| apartment complex |
| aquatic centre |
| arena |
| art gallery |
| assisted living facility |
| association / organization |
| athletic club |
| athletic track |
| auditorium |
| bar |
| barber shop |
| basketball club |
| basketball court |
| batting cage center |
| beauty salon |
| beer store |
| body shaping class |
| boot camp |
| boxing club |
| boxing gym |
| boxing ring |
| buddhist temple |
| cafe |
| children's party service |
| chiropractor |
| church |
| club |
| coffee shop |
| college |
| community center |
| community health centre |
| convenience store |
| corporate office |
| counselor |

| |
|--|
| country club |
| coworking space |
| cultural center |
| dance club |
| dance company |
| dance school |
| day spa |
| department store |
| disability services and support organization |
| disc golf course |
| discount store |
| dive shop |
| doctor |
| dollar store |
| educational institution |
| electric utility company |
| elementary school |
| exercise equipment store |
| facial spa |
| fertility clinic |
| firearms academy |
| fitness |
| fitness center |
| fitness equipment wholesaler |
| food producer |
| foot care |
| fountain |
| gated community |
| general hospital |
| golf club |
| golf course |
| golf instructor |
| grocery store |
| gun club |
| gym |
| gymnasium school |
| gymnastics center |
| gymnastics club |
| hair salon |
| health consultant |
| health food restaurant |
| health food store |

| |
|-------------------------------------|
| health spa |
| hiking area |
| historical landmark |
| hospital |
| hotel |
| ice skating rink |
| indoor cycling |
| indoor golf course |
| indoor lodging |
| jujitsu school |
| karate club |
| karate school |
| kennel |
| kickboxing school |
| kinesiologist |
| kinesiotherapist |
| martial arts club |
| martial arts school |
| massage spa |
| massage therapist |
| medical clinic |
| medical group |
| medical spa |
| meditation center |
| metaphysical supply store |
| muay thai boxing gym |
| non-profit organization |
| nutritionist |
| outdoor clothing and equipment shop |
| outdoor sports store |
| outdoor swimming pool |
| pain control clinic |
| park |
| parking lot |
| parkour spot |
| personal trainer |
| pharmacy |
| physical fitness program |
| physical therapist |
| physical therapy clinic |
| pickleball court |
| pilates studio |

| |
|--------------------------------|
| pregnancy care center |
| private golf course |
| psychotherapist |
| public educational institution |
| public library |
| public swimming pool |
| real estate developer |
| recreation center |
| rehabilitation center |
| resort hotel |
| restaurant |
| 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 |
| specialized clinic |
| 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 |
| trade school |
| training centre |
| vitamin & supplements store |
| water park |
| weight loss service |
| weightlifting area |
| wellness center |
| wellness program |
| women's organization |
| women's personal trainer |
| wrestling school |
| yoga instructor |
| yoga studio |
| youth center |
| youth organization |