

Strong Orange Gym - Cape Charles

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Strong Orange Gym - Cape Charles

Discover Strong Orange Gym in Cape Charles, Virginia

If you are looking for a premier fitness center on the lower Eastern Shore, look no further than ****Strong Orange Gym****. This gym has rapidly gained a reputation as the best place to work out in Cape Charles, thanks to its excellent facilities and welcoming atmosphere.

Accessibility at Strong Orange Gym

One of the standout features of Strong Orange Gym is its commitment to

****accessibility****. The facility boasts a ****wheelchair-accessible car park****, ensuring that all members can easily reach the gym without any hassle. Additionally, the ****wheelchair-accessible entrance**** allows everyone, regardless of mobility, to enjoy a seamless experience while working towards their fitness goals.

A Comprehensive Fitness Experience

Strong Orange Gym offers a wide selection of equipment designed for both regular weight training and CrossFit enthusiasts. Members frequently praise the gym for having a variety of equipment available, which caters to different fitness preferences. As one happy member noted, "There is a good selection of equipment for regular weight training and CrossFit."

Convenient Location and Amenities

Convenience plays a vital role in choosing a gym, and Strong Orange Gym excels in this area. The ****convenient location**** paired with ample parking ensures that busy individuals can fit workouts into their schedules without added stress. In addition, the gym provides showers for members, making it easy to freshen up after a session.

Personal Training Opportunities

For those seeking individualized attention, Strong Orange Gym offers ****personal training opportunities****. This service allows members to receive tailored guidance from experienced trainers who are dedicated to helping them achieve their fitness goals. As one satisfied client stated, "Definitely recommend it," highlighting the quality and effectiveness of the personal training available.

A Welcoming Community

What sets Strong Orange Gym apart is its friendly environment. Many members note that the owner is always present and eager to help, fostering a supportive community where everyone feels welcome. Comments like "Great place and equipment! Owner operated. Very welcoming and friendly" reflect the positive atmosphere that keeps people coming back.

Conclusion

With its commitment to accessibility, a wide range of equipment, convenient location, and a welcoming community, ****Strong Orange Gym**** truly stands out as a top choice for fitness enthusiasts in Cape Charles, Virginia. Whether you are looking to lift weights, engage in CrossFit, or enhance your overall fitness journey, this gym has everything you need to succeed. Join today and experience the fantastic community for yourself!

Our business is at

21351 S Bayside Rd, 23310 Cape Charles, Virginia - United States (US)

The phone of this **Fitness center** is [+1757-710-3805](tel:+1757-710-3805)

And if you want to send a WhatsApp, you can do so at [+1757-710-3805](whatsapp://send?phone=17577103805)

Our business hours are:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–8?PM
Thursday	5?AM–8?PM
Friday	5?AM–8?PM
Saturday	7?AM–3?PM
Sunday	7?AM–3?PM

The website is [Strong Orange Gym](#)

If you need to adjust any detail that you consider is not accurate related to this web, we ask forward a message so that we will correct it as soon as possible. With anticipation thanks for your cooperation.

Images



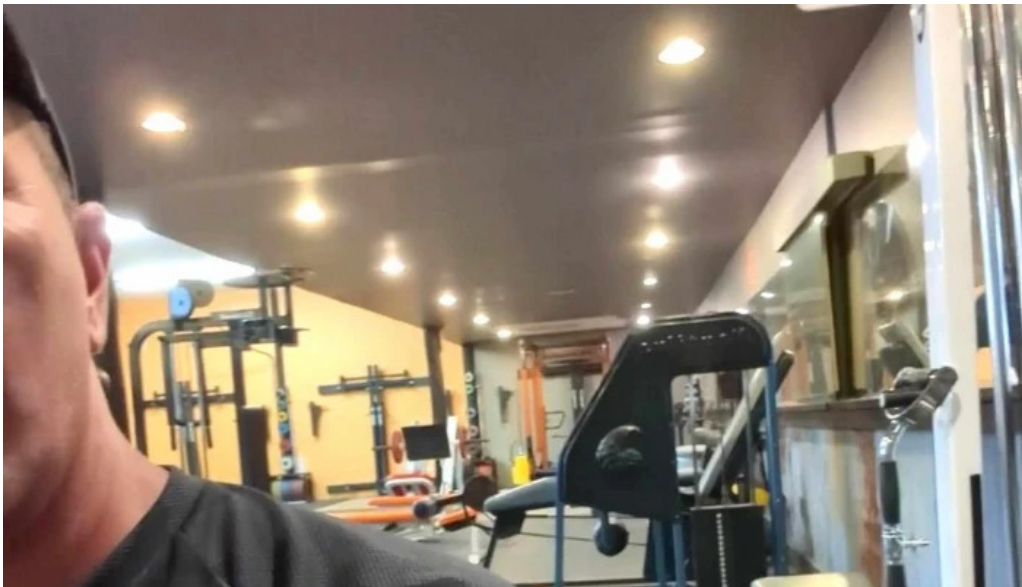
Strong orange gym street view 360deg



Strong orange gym map



Strong orange gym gym



Strong orange gym fitness center



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Strong orange gym by owner



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Tags

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

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