

Ephrata Strength and Conditioning East - Denver

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Ephrata Strength and Conditioning East - Denver

Ephrata Strength and Conditioning East: Your Ideal Fitness Center in Denver, Pennsylvania

Are you searching for a fitness center that caters to all skill levels? Look no further than **Ephrata Strength and Conditioning East**, conveniently located in Denver, Pennsylvania. This gym not only offers a welcoming environment but also features essential accessibility options, including a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**.

A Community Like No Other

At Ephrata Strength and Conditioning East, you'll find a strong community where everyone is treated like family. Members often describe the gym as a place where they can feel supported while working towards their fitness goals. According to one member, "You're treated like family because they have a strong community of coaches to help you reach your fitness goals." This sense of belonging makes it easy for individuals to show up and give their best.

Welcoming Environment for All Skill Levels

No matter if you are new to CrossFit or an experienced athlete, Ephrata Strength and Conditioning East provides an atmosphere that is anything but intimidating. The coaches are known for their ability to cater to your unique abilities, ensuring that each workout is both challenging and rewarding. One attendee summed it up perfectly: "The coaches are amazing, and everyone that attends the workouts is so supportive of one another."

Kid-Friendly Options

This gym also understands the importance of family. With its kid-friendly programs, parents can bring their children along without worry. Many members appreciate that their kids can play together while they focus on their workouts. As one mom stated, "The kids all play so well together, and the moms are so welcoming and friendly." This creates an inclusive atmosphere that encourages involvement from the entire family.

Top-notch Facilities

The facility boasts brand-new equipment and a spacious layout, all designed to enhance your workout experience. The small class sizes mean you will receive personalized attention from coaches, making it easier to achieve your individual fitness goals. Members frequently rave about the atmosphere, describing it as "fantastic for all skill levels," where you'll never feel judged.

Visit Ephrata Strength and Conditioning East

If you're in the Denver area, whether you're a local or just visiting, make sure to drop by Ephrata Strength and Conditioning East for an unforgettable workout experience. You won't just be joining a gym; you'll become part of a vibrant fitness community that truly cares about its members. With a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, this

gym prioritizes inclusivity for everyone.

Don't miss out on the opportunity to be part of a gym family that supports your journey toward personal fitness success!

The location of our premises is

531 N 4th St, 17517 Denver, Pennsylvania - United States (US)

The phone number of the mentioned **Fitness center** is +1717-672-4673

And if you want to send a WhatsApp, you can do so at +1717-672-4673

Visit us during the following hours:

Day	Hours
Monday	5-9?AM 4-7?PM
Tuesday	5-9?AM 4-7?PM
Wednesday	8-10?AM
Thursday	Closed
Friday	5-9?AM 4-7?PM
Saturday	5-9?AM 4-7?PM
Sunday	5-9?AM 4-7?PM

The website is Ephrata Strength and Conditioning East

If necessary to update any detail that you consider is not accurate concerning this site, we urge you to send a message and we will fix it as soon as possible. With anticipation thanks.

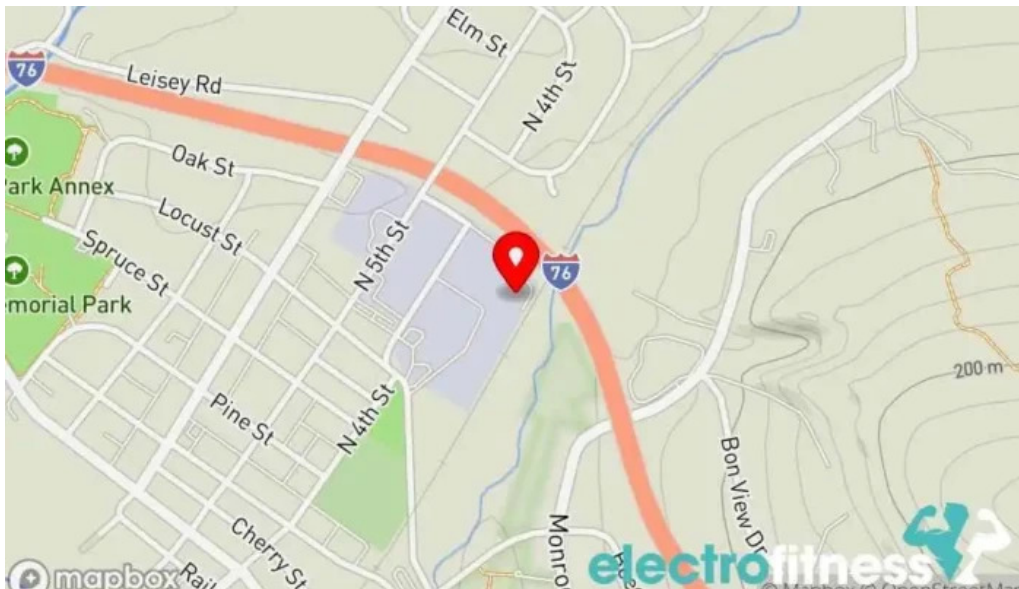
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Tags

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

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