

## Metc Fitness Center - Fort Sam Houston

fort sam houston

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*fort sam houston*

## *Metc Fitness Center - Fort Sam Houston*

### **Discover METC Fitness Center in Fort Sam Houston, Texas**

METC Fitness Center stands out as a premier destination for fitness enthusiasts in Fort Sam Houston, Texas. With a wide array of **\*\*amenities\*\***, excellent **\*\*accessibility\*\***, and a vibrant **\*\*atmosphere\*\***, it caters to the diverse needs of its members.

### **Amenities That Meet Your Fitness Needs**

At METC Fitness Center, you'll find a comprehensive selection of fitness

equipment and facilities. The gym features: - **Indoor Track**: A smooth 1/8 mile track perfect for walking or running. - **Basketball Court**: A double-wide court that can also accommodate volleyball, offering flexibility for team sports. - **Sauna**: While some members have noted the sauna could benefit from better maintenance and lighting adjustments, it's a great way to relax after a workout. - **Showers**: Equipped with stalls for privacy, these showers are essential for freshening up post-exercise, although user feedback indicates a need for improved cleanliness.

## **Accessibility for Everyone**

METC Fitness Center prioritizes inclusivity with features such as a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. This ensures that all visitors, regardless of their physical abilities, can enjoy the facilities without any hassle.

## **Creating a Positive Atmosphere**

The atmosphere at METC Fitness Center is largely welcoming and encouraging. Many members appreciate the friendly staff, though there have been some concerns regarding customer service experiences. It's vital for the staff to maintain a respectful and patient communication style to enhance the overall experience for all patrons. Despite occasional hiccups, many users still rate the center highly for its community feel and support.

## **Stay Active All Year Round**

With various free classes offered multiple times a week, members can enjoy new workouts and keep their routines fresh. Additionally, the outdoor workout area provides options for those who prefer exercising in the open air, although some users have mentioned the availability of this space can be limited. For basketball enthusiasts and those looking for recreational activities, having a **basketball court** readily available adds to the appeal of METC Fitness Center. The capability to reserve the court for volleyball games further enhances its attractiveness as a multi-functional fitness hub.

## **Final Thoughts**

In summary, METC Fitness Center offers a range of **amenities**, impressive **accessibility**, and an overall inviting **atmosphere** for fitness lovers. Whether you're interested in a focused workout session or a fun game of basketball, this center accommodates various fitness preferences. Remember to check the weekend hours, as they tend to get busy. Overall, METC Fitness Center is a commendable choice for anyone looking to stay fit in Fort Sam Houston.

## **Our location is in**

3569 Williams Rd, 78234 Fort Sam Houston, Texas - United States (US)

The phone of the respective **Fitness center** is +1210-808-5709

And if you want to send a WhatsApp, you can do so at +1210-808-5709

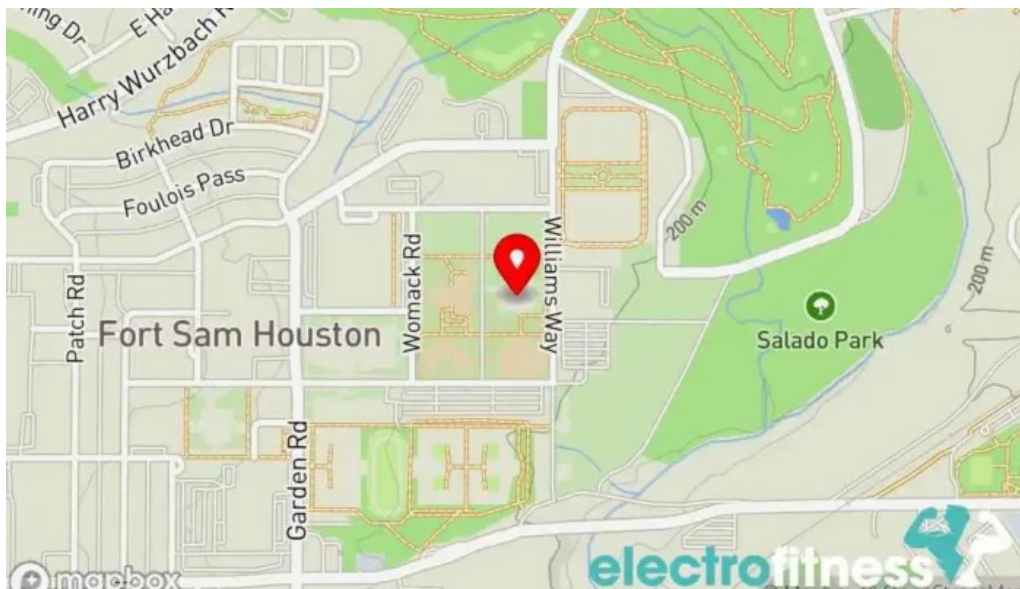
### **Our public attention hours are:**

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	10?AM–6?PM
Friday	10?AM–6?PM
Saturday	5?AM–9?PM
Sunday	5?AM–9?PM

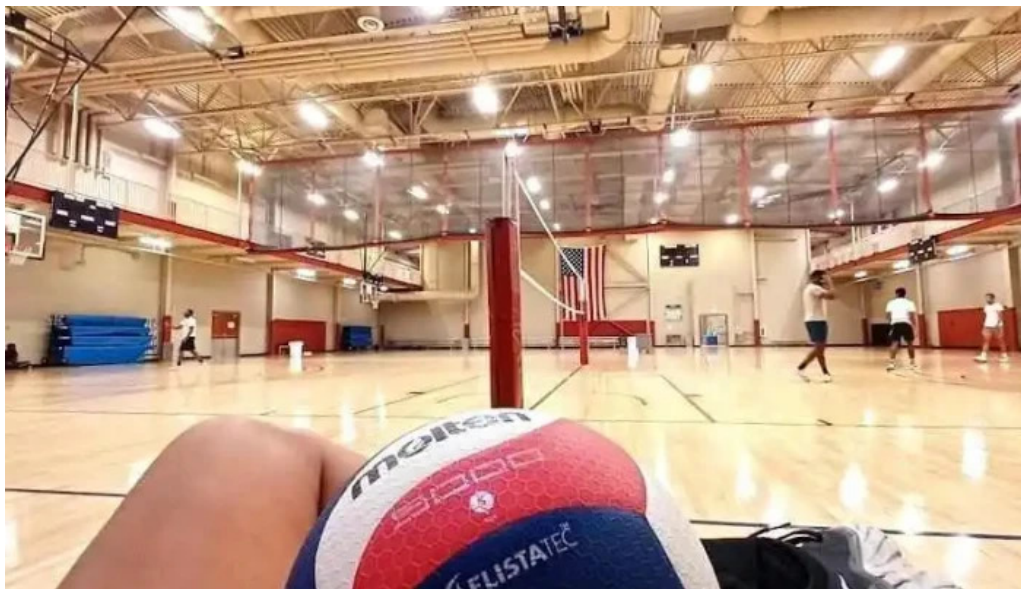
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## **Images**



*Metc fitness center map*



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## Tags

*Wheelchair-accessible car park, Sauna, Basketball court, Amenities, Shower, Volleyball court, Accessibility, Atmosphere, Wheelchair-accessible entrance*

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recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
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