

Generations Health Club & Spa - Grass Valley

grass valley

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grass valley

Generations Health Club & Spa - Grass Valley

Discover Generations Health Club & Spa in Grass Valley, California

When it comes to finding the perfect fitness center, **Generations Health Club & Spa** stands out as a community gem in Grass Valley. This women-owned business offers numerous amenities that cater to both your fitness and relaxation needs.

Amenities That Make a Difference

Generations Health Club is equipped with modern and well-maintained equipment suitable for all fitness levels. From weight training to cardio machines like bikes and treadmills, you'll find everything you need to achieve your fitness goals. The club also features:

- Yoga classes led by experienced instructors
- Infrared hot sauna and cold plunge for post-workout recovery
- Personalized training sessions with in-house trainers
- Massage therapy including on-site acupuncture services
- Salon services for haircuts and facials

Convenience and Accessibility

Accessibility is a top priority at **Generations Health Club**. The facility boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy their fitness journey without barriers.

Community and Connection

The welcoming environment of Generations has been highlighted by many satisfied members. Users have praised the **friendly staff** and supportive community that make workouts enjoyable. One member stated that "the staff at Generations are truly amazing," emphasizing the impact of a positive atmosphere in a fitness center.

Additional Features

In addition to an impressive array of fitness options, Generations also offers a cozy **restaurant** with healthy pre/post workout drinks and delicious smoothies. With **Wi-Fi** available throughout the facility, you can stay connected while engaging in your wellness routine.

Client Testimonials

Many members credit Generations Health Club with making significant improvements in their physical and mental health. One testimonial reads, "This gym has changed my life literally." The combination of high-quality training, a clean facility, and camaraderie clearly resonates with the community. Members express their appreciation for the **variety of classes** and personalized attention they receive, which creates a tailored experience for each individual.

Join Generations Health Club & Spa

If you're looking for a fitness center that feels like family, consider joining **Generations Health Club & Spa**. With its excellent location, friendly staff, and extensive offerings, it's no surprise that this health club has been hailed as a

hidden gem in the neighborhood. Explore their facilities and become part of a vibrant community dedicated to health and wellness!

We are established at

22824 Industrial Pl, 95949 Grass Valley, California - United States (US)

The contact phone of the respective **Fitness center** is +1530-268-2860
And if you want to send a WhatsApp, you can do so at +1530-268-2860

We open at the following schedule:

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	7:30?AM–5?PM
Saturday	Closed
Sunday	6?AM–8?PM

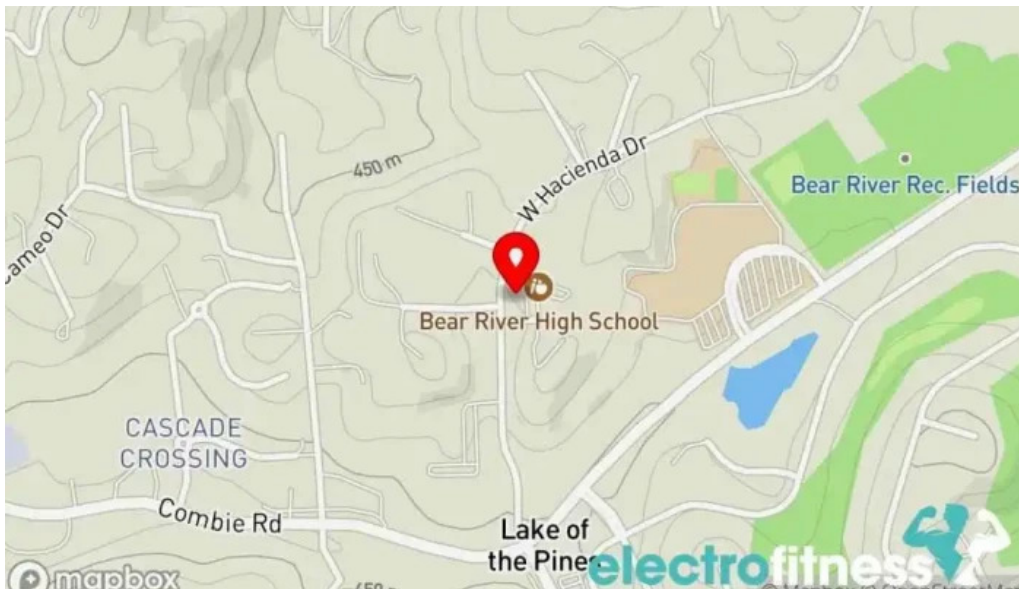
The website is Generations Health Club & Spa

If necessary to adjust any data that you consider is incorrect regarding this portal, we urge you to deliver a message so we can we will fix it as soon as possible. With anticipation we appreciate it.

Images



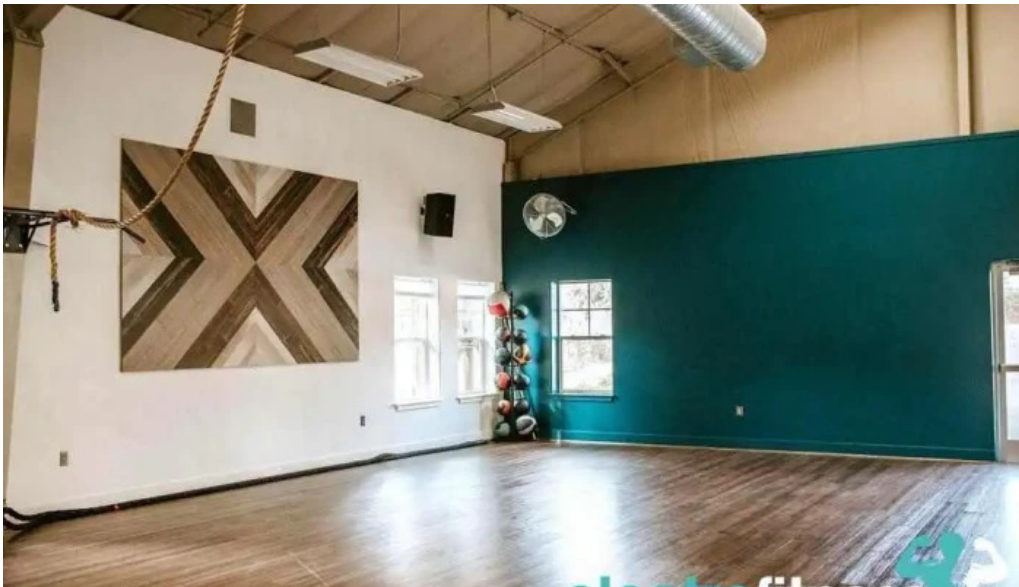
Generations health club spa street view 360deg



Generations health club spa map



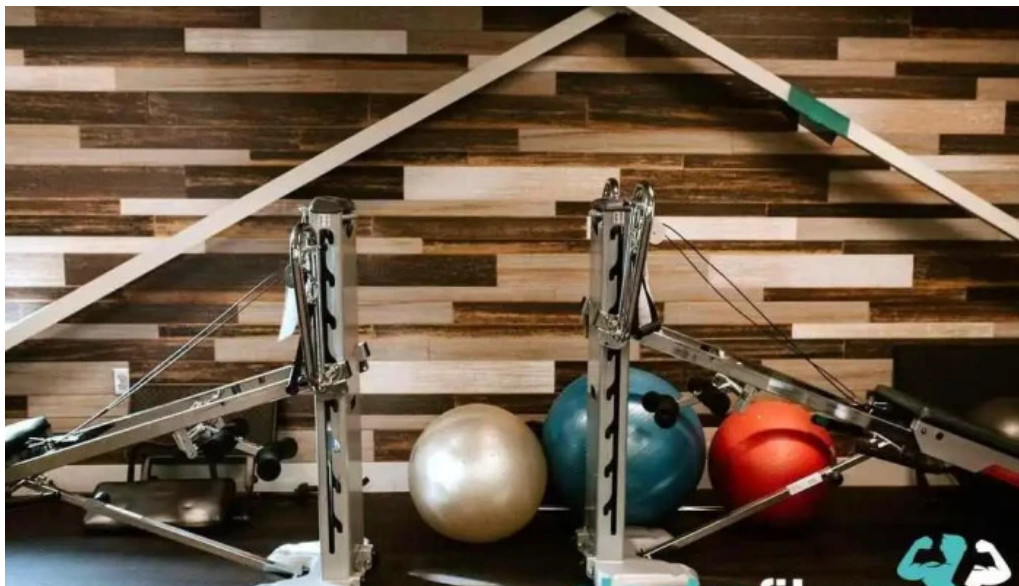
Generations health club spa gym



Generations health club spa grass valley



Generations health club spa fitness center



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Tags

From the business, Wheelchair-accessible entrance, Accessibility, Identifies as women-owned, Wheelchair-accessible car park, Restaurant, Wi-Fi, Amenities

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