

## Plymouth Fitness - Plymouth

plymouth

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### *Plymouth Fitness - Plymouth*

#### **Welcome to Plymouth Fitness: Your Premier Fitness Center in Plymouth, Massachusetts**

Plymouth Fitness is a vibrant **fitness center** that prides itself on offering a variety of **on-site services** designed to cater to the diverse needs of its members. Located in scenic Plymouth, this facility is not just a gym but a community where everyone can work towards their fitness goals.

#### **Accessibility and Inclusivity**

One of the standout features of Plymouth Fitness is its **wheelchair-accessible entrance** and **wheelchair-accessible car park**, ensuring all members can enjoy the facilities seamlessly. The **wheelchair-accessible toilet** also adds to the commitment to accessibility. This focus on inclusivity makes it an ideal choice for everyone, including children and families.

## **A Community for All**

Plymouth Fitness identifies as a **women-owned** business, highlighting its dedication to empowering all individuals. With an array of **amenities**, including a **swimming pool** and two types of saunas, the gym caters to various tastes and preferences. Active military discounts are also available, adding to the friendly atmosphere and community spirit.

## **Exceptional Services and Programs**

Membership is required to fully enjoy the offerings at Plymouth Fitness, which include **online classes** and diverse group training options such as HIIT, barre, and spin classes. Members have praised the amazing staff, including trainers like Nate, Ashley, and Paul, who provide personalized support and motivation. Many members have reported life-changing experiences through strength training and group classes.

## **Family-Friendly Environment**

With a strong emphasis on family, Plymouth Fitness organizes summer events and even swimming lessons for children. It's a great place to bring the whole family, with programs that cater to both kids and adults alike. Members have shared their positive experiences at the swimming pool, noting how engaged the instructors are and the community bond formed during these classes.

## **Highlights and Amenities**

**Saltwater Pool:** Enjoy refreshing swims in a meticulously maintained saltwater pool. **Sauna:** Relax and unwind in modern sauna facilities. **Smoothie Bar:** Recharge after your workout with delicious smoothies made fresh at the bar. **Community Events:** Participate in seasonal family events and stay connected with fellow members.

## **Commitment to Cleanliness and Safety**

Plymouth Fitness takes pride in maintaining a clean environment, with a focus on ensuring safety and hygiene for all members. Regular cleaning protocols are in place, which has been especially appreciated by returning members during

health concerns.

## Join the Plymouth Fitness Community Today!

If you're considering a new gym, look no further than Plymouth Fitness. With its friendly atmosphere, excellent amenities, and diverse class offerings, it truly stands out as the top choice for fitness enthusiasts in Plymouth. Don't miss out on the opportunity to become part of this supportive community! Membership at Plymouth Fitness is more than just a key to a gym—it's a commitment to your health and well-being.

### Our location is in

16 Aldrin Rd, 02360 Plymouth, Massachusetts - United States (US)

The phone of this **Fitness center** is +1508-746-7448

And if you want to send a WhatsApp, you can do so at +1508-746-7448

### Visit us during the following hours:

Day Hours  
Monday  
5?AM–8?PM  
Tuesday  
6?AM–6?PM  
Wednesday  
6?AM–6?PM  
Thursday  
5?AM–9?PM  
Friday  
5?AM–9?PM  
Saturday  
5?AM–9?PM  
Sunday  
5?AM–9?PM

The website is Plymouth Fitness

If you need to modify any element that you believe is incorrect concerning this web, we ask forward a message so we can we will handle it as soon as possible. In advance thank you very much.

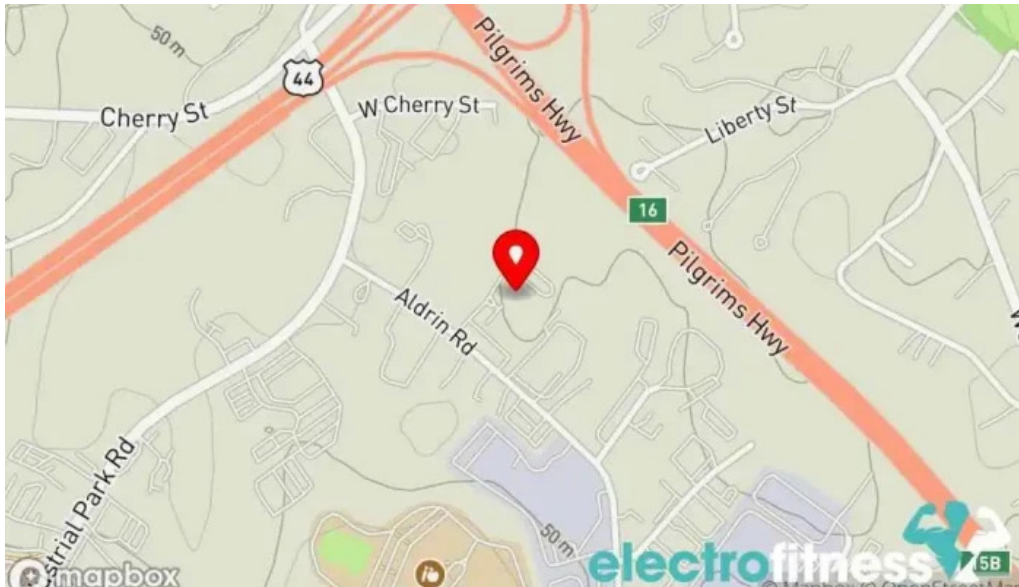
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## Tags

*Planning, Highlights, Sauna, Service options, Membership required, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Active military discounts, Outdoor services, Online classes, Amenities, On-site services, Identifies as women-owned, Accessibility, Children, Wheelchair-accessible car park, Toilet, From the business, Good for kids, Swimming pool*

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community center
convenience store
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dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
grocery store



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gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
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jujitsu school
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karate school
kennel
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kinesiologist
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martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club

sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
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