

Alamo 180 - San Antonio

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Alamo 180 - San Antonio

Discover Alamo 180: Your Inclusive Fitness Center in San Antonio, Texas

Alamo 180 identifies as ****women-owned**** and ****veteran-owned****, making it a unique fitness center that embodies strength, community, and inclusivity. Located in the heart of San Antonio, this gym not only provides access to top-notch fitness training but also prioritizes ****accessibility**** for all members, including those with disabilities.

Accessibility Features

One of the standout features of Alamo 180 is its commitment to accessibility.

The facility boasts a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can enjoy the benefits of a great workout. This dedication to inclusivity creates a welcoming environment for all individuals, regardless of their fitness journey.

Service Options Tailored for Everyone

Alamo 180 offers various ****service options**** that cater to different needs. Whether you're looking for hands-on coaching or prefer the convenience of ****online classes****, this fitness center has you covered. The supportive community at Alamo 180 enhances the experience, encouraging members to engage, learn, and grow together.

A Community of Supportive Coaches

Members rave about the exceptional coaching at Alamo 180. Coach Jeff is often highlighted for his expertise and genuine care for each member's journey. As one satisfied member noted, "Jeff actually cares about our efforts," which speaks volumes about the supportive atmosphere cultivated at this gym. With class sizes capped at 6-7 people, participants receive personalized attention, making each session feel like a ****personal training**** experience.

Positive Feedback from Members

Many members have expressed their satisfaction with the programming and coaching at Alamo 180: - "Once you START, you WON'T want to Stop!" reflects the addictive nature of the workouts. - A Doctor of Physical Therapy shared, "I believe the training philosophy, programming, and coaching provided through this gym are great for all populations and abilities." - Another member stated, "This is the little gym that could. Great place, owners are on it." Such testimonials highlight the strong community bond and the professional environment that Alamo 180 fosters.

Why Choose Alamo 180?

Alamo 180 stands out as a fitness center that genuinely cares for its members. With knowledgeable coaches, a dedication to ****accessibility****, and an inclusive environment for all fitness levels, it's more than just a gym—it's a family. If you're looking for a place to improve your fitness, develop new skills, and be part of a supportive community, Alamo 180 is the perfect choice for you! Join the community at Alamo 180 today and experience the incredible journey toward fitness alongside like-minded individuals!

You can find us at

312 Melrose Pl, 78212 San Antonio, Texas - United States (US)

The phone number of the respective **Fitness center** is +1210-409-3287

And if you want to send a WhatsApp, you can do so at [+1210-409-3287](https://wa.me/12104093287)

We are open during the following hours:

Day Hours
Monday
5:15?AM–8?PM
Tuesday
5:15?AM–8?PM
Wednesday
5:15?AM–8?PM
Thursday
9?AM–12?PM
Friday
Closed
Saturday
5:15?AM–8?PM
Sunday
5:15?AM–8?PM

The website is [Alamo 180](#)

If you need to update any detail that you feel is incorrect regarding this site, we ask send us a message and we will handle it at the earliest convenience. Thanks beforehand we appreciate it.

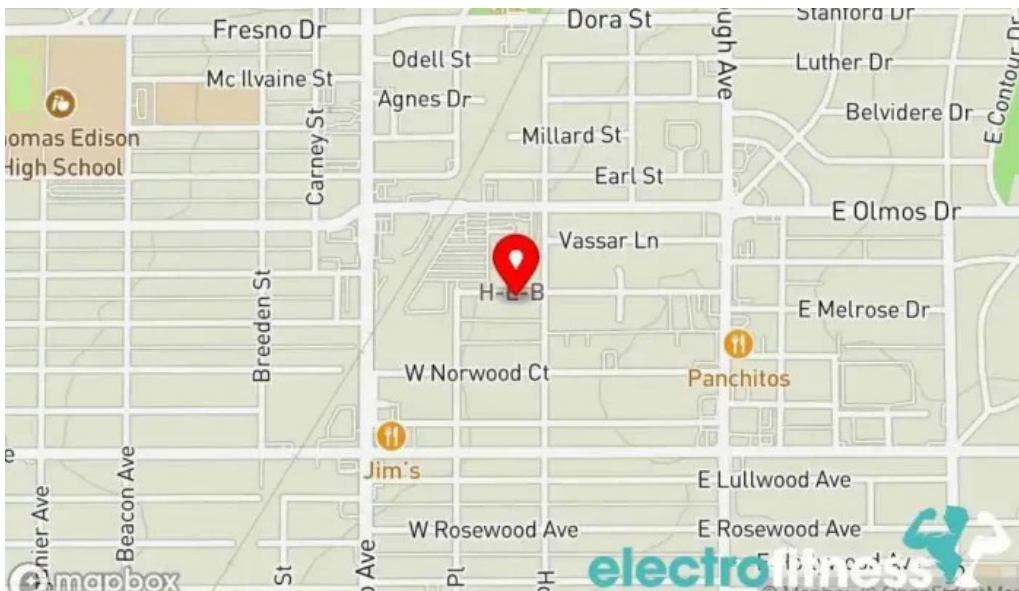
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Alamo 180 san antonio



Alamo 180 map



Alamo 180 gym



Alamo 180 fitness center



Alamo 180 by owner



Alamo 180 all

Tags

Service options, Identifies as women-owned, From the business, Wheelchair-accessible car park, Online classes, Wheelchair-accessible entrance, Accessibility, Identifies as veteran-owned

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