


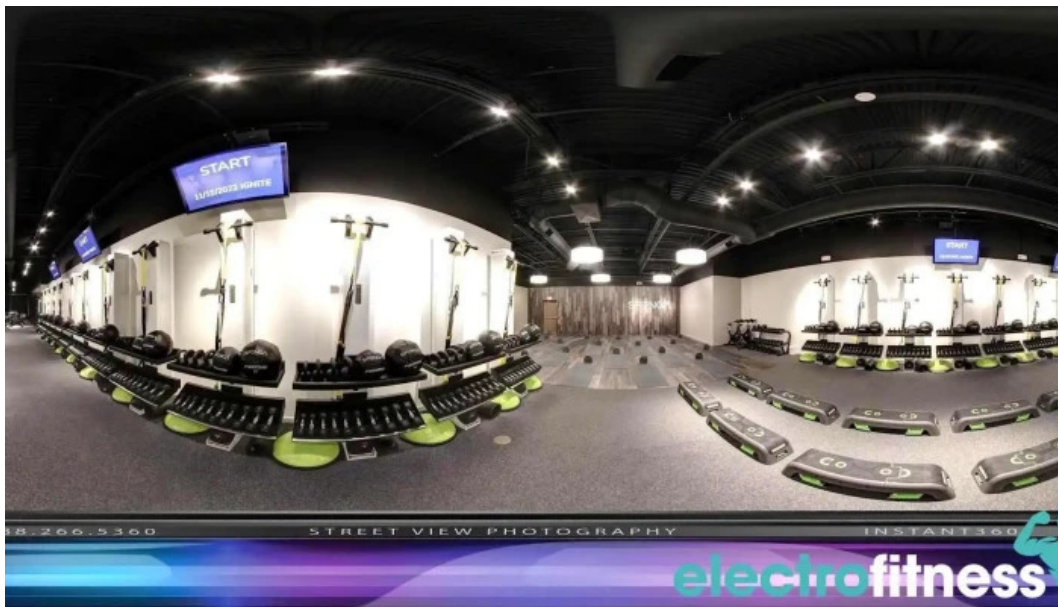
Spenga - Valparaiso

valparaiso

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https://www.electrofitness.com/fitness-center/valparaiso/spenga-valparaiso_158450.php



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Spenga - Valparaiso

Welcome to SPENGA Fitness Center in Valparaiso, Indiana

SPENGA is a premier fitness center that offers a unique blend of strength, cardio, and yoga in one exhilarating workout. We take pride in our inclusive environment, ensuring that everyone feels welcome and valued.

Amenities at SPENGA

Our center is equipped with various **amenities** designed for your convenience:
Gender-neutral toilets for all members **Wi-Fi** availability throughout the facility

Wheelchair-accessible entrance and **car park Child care** services to support parents during workouts **On-site services** to enhance your fitness journey

Inclusivity and Safety at SPENGA

At SPENGA, we prioritize creating a **transgender safe space**. Our staff are trained to ensure that all members feel comfortable and respected. We are also proud to be an **LGBTQ+ friendly** establishment.

Family-Friendly Environment

Our facility is not only focused on adults. SPENGA is **good for kids**, making it a great place for families. **Appointment required** child care services make it easy for parents to plan their visit.

Accessibility Features

We understand the importance of being accessible to everyone. Our **wheelchair-accessible** features ensure that all members can enjoy our services without barriers.

Service Options and Planning

Members can take advantage of our **online classes**, which provide flexibility in scheduling workouts. A **membership is required** to participate in these classes, ensuring that each member receives personalized attention.

From the Business

SPENGA is proudly **identifying as women-owned and Latino-owned**. We celebrate diversity in our ownership and aim to reflect that in our community.

Highlights and Discounts

We offer **active military discounts** as a token of appreciation for our service members. Our **crowd** is diverse and engaging, fostering a supportive fitness community.

Join Us at SPENGA

Experience fitness like never before at SPENGA in Valparaiso, Indiana. Whether you're looking for a challenging workout, a safe space, or family-friendly amenities, we have it all. Come visit us today!

We are positioned at

91 Silhavy Rd Suite 161, 46383 Valparaiso, Indiana - United States (US)

The phone number of the mentioned **Fitness center** is +1219-767-9375
And if you want to send a WhatsApp, you can do so at +1219-767-9375

We are open during the following hours:

Day Hours
Monday
5?AM–7?PM
Tuesday
5:30?AM–6:30?PM
Wednesday
5?AM–7?PM
Thursday
5:30?AM–6:30?PM
Friday
5?AM–1?PM
Saturday
8–11:30?AM
Sunday
8:30?AM–12?PM

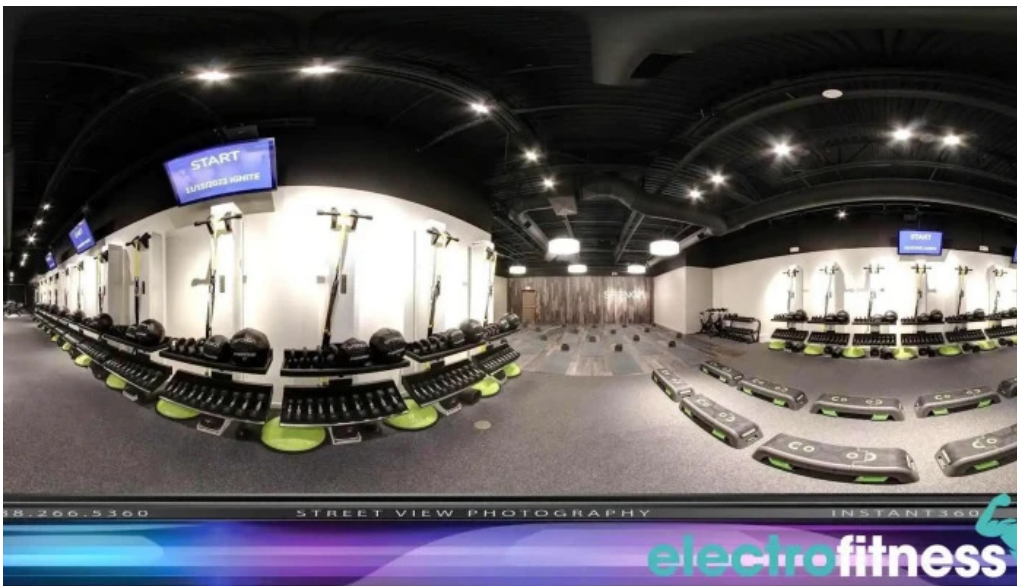
The website is [SPENGA](#)

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Images



Spenga videos



Spenga valparaiso



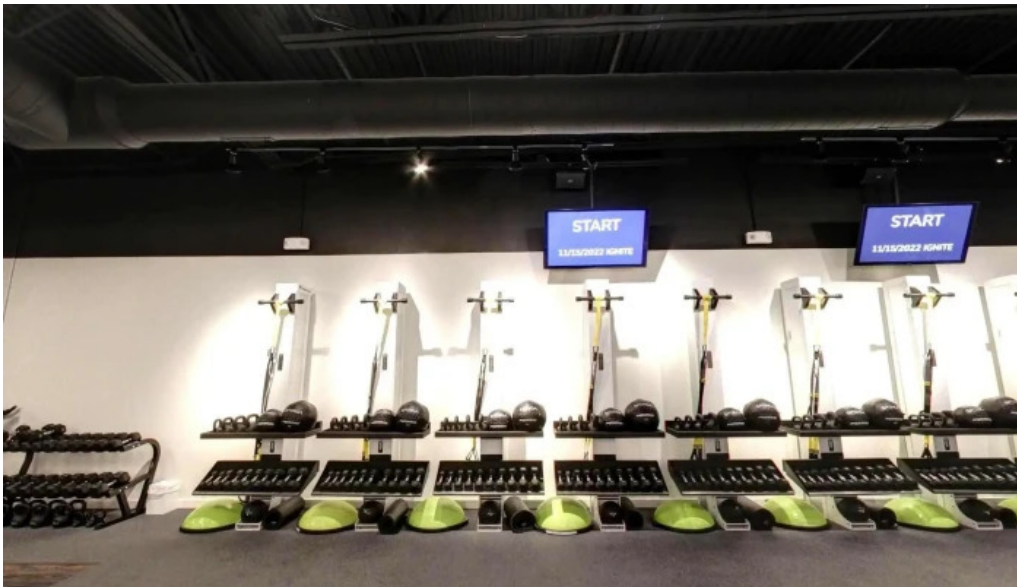
Spenga street view 360



Spenga map



Spenga gym



Spenga all

Tags

Crowd, Transgender safe space, Highlights, Amenities, Wheelchair-accessible car park, Good for kids, Active military discounts, LGBTQ+ friendly, Wheelchair-accessible entrance, Child care, Identifies as Latino-owned, Wi-Fi, Service options, Children, From the business, Appointment required, Online classes, On-site services, Accessibility, Membership required, Gender-neutral toilets, Identifies as women-owned, Planning

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martial arts school
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