

United Fitness & Martial Arts - Winthrop

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United Fitness & Martial Arts - Winthrop

Discover United Fitness & Martial Arts in Winthrop, Maine

United Fitness & Martial Arts is a premier fitness center located in Winthrop, Maine, offering a wide range of amenities and programs tailored for individuals of all ages. This facility prides itself on being welcoming and inclusive, making it a great choice for families and fitness enthusiasts alike.

Planning Your Visit

When planning your visit to United Fitness & Martial Arts, you can expect a

well-structured environment that caters to a variety of fitness needs. From martial arts classes to general fitness training, there are numerous options for memberships available to suit your lifestyle.

Amenities That Enhance Your Experience

United Fitness & Martial Arts boasts an impressive array of **amenities**: - **Toilet Facilities:** Well-maintained and easily accessible restroom facilities ensure that all members can enjoy their workouts comfortably. - **Parking:** Ample **on-site parking** is available, including a **wheelchair-accessible car park** for those with mobility challenges. - **Accessibility:** The facility features a **wheelchair-accessible entrance** and **seating**, ensuring everyone can participate in activities fully.

On-Site Services to Support Your Fitness Journey

The center provides numerous **on-site services**, such as personal training and specialized classes. Members appreciate the **active military discounts**, making fitness more accessible for those who serve our country. The **free parking lot** adds convenience to your visit, allowing you to focus on your workout without the stress of parking issues.

Highlights of United Fitness & Martial Arts

One standout feature of United Fitness is its diverse range of classes. Members rave about the **online classes** offered, ensuring everyone can stay engaged no matter their schedule. With a **membership required**, you'll gain access to thrilling workout sessions led by experienced instructors who always bring the heat! Families can feel at ease knowing that their children are catered for as well; the facility is **good for kids** and offers a fantastic martial arts program for youth. Many parents have noted how the instructors not only teach martial arts but also help foster confidence and respect among students, creating a community atmosphere that feels like family.

Community Feedback

United Fitness & Martial Arts has garnered positive feedback from its community. Many members have expressed appreciation for the **cleanliness of the gym**, the friendliness of the staff, and the supportive environment that encourages personal transformation. Parents have mentioned how their children have thrived in this supportive setting, contributing to not just physical but also emotional growth. The fitness center aligns physical training with character development, promoting values like respect and responsibility. This holistic approach makes United Fitness more than just a gym; it's a nurturing community space. In conclusion, if you're seeking a fitness center in Winthrop, Maine that combines state-of-the-art amenities, exceptional service options, and a welcoming atmosphere, look no further than United Fitness & Martial Arts. Whether you're interested in martial arts, group classes, or simply getting fit, this

center has something for everyone.

We are based in

186 ME-133, 04364 Winthrop, Maine - United States (US)

The phone number of the mentioned **Fitness center** is +1207-377-2465

And if you want to send a WhatsApp, you can do so at +1207-377-2465

We look forward to seeing you at:

Day Hours
Monday
4?AM–10?PM
Tuesday
4?AM–10?PM
Wednesday
4?AM–10?PM
Thursday
4?AM–10?PM
Friday
4?AM–10?PM
Saturday
4?AM–10?PM
Sunday
4?AM–10?PM

The website is United Fitness & Martial Arts

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Images



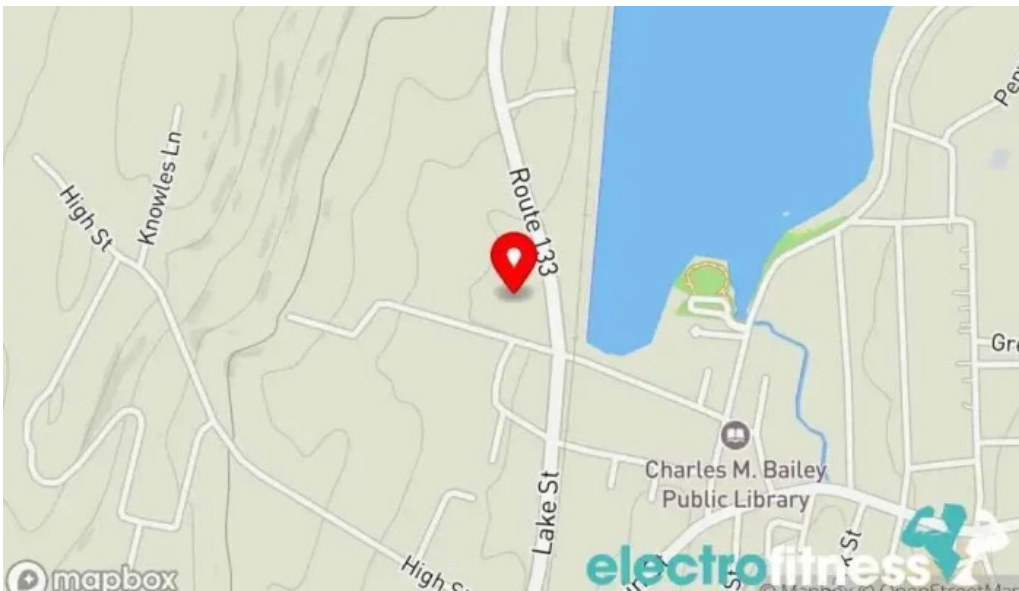
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Tags

Planning, Wheelchair-accessible entrance, Wheelchair-accessible car park, On-site services, Amenities, Children, Membership required, Toilet, Online classes, Active military discounts, Service options, Good for kids, Highlights, Wheelchair-accessible seating, Parking, Accessibility, Free parking lot, On-site parking

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5.0 * *Aerial Arts by Avery - Aberdeen*

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4.8 * *Maxim Gym Kickboxing and Fitness - Hobart*

5.0 * *Acadiana Jiu Jitsu - Scott*

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sports complex
sports medicine clinic
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swimming instructor
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