

Cougar Fitness 55 Llc - Ackley

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Welcome to Cougar Fitness 55 LLC in Ackley, Iowa

If you're looking for a community-oriented gym that caters to individuals of all fitness levels, look no further than **Cougar Fitness 55 LLC** in Ackley, Iowa. This gym not only meets your exercise needs but also prioritizes accessibility and convenience.

Accessibility Features

One of the standout features of Cougar Fitness is its **wheelchair-accessible entrance** and **wheelchair-accessible car park**. This commitment to **accessibility** ensures that everyone can enjoy the facilities without concern.

Amenities That Enhance Your Experience

Cougar Fitness comes equipped with various amenities designed to improve your workout experience. The gym offers:

A full range of weightlifting machines
Plenty of free weights
Cardio equipment for effective aerobic workouts
A spacious room available for class workouts throughout the day

24/7 Access & Classes

One of the most praised aspects of Cougar Fitness is its **24/7 access**, which provides unparalleled flexibility for members. Whether you prefer early morning workouts or late-night sessions, the gym accommodates your schedule.

Additionally, the variety of **classes** offered, including yoga, spin, boot camps, and Zumba, ensures that there's something for everyone.

A Welcoming Community

Member feedback highlights the friendly atmosphere at Cougar Fitness. Many appreciate the helpfulness of the instructors and fellow gym-goers alike, fostering a **non-judgmental environment**. As one member noted, it's a great place to work out with support readily available from knowledgeable staff.

Why Choose Cougar Fitness?

With rave reviews about cleanliness, equipment maintenance, and helpful trainers, Cougar Fitness stands out as an excellent choice for anyone serious about fitness. The owner, a dedicated bodybuilder, has ensured that all necessary equipment is available to support various training programs. You won't find a better value for your fitness journey in a small town like Ackley.

Join the Cougar Fitness Community

Experience for yourself why so many have made Cougar Fitness their home away from home for health and wellness. With its superb facilities, welcoming environment, and commitment to accessibility, it's the ideal spot for your fitness adventures!

We are positioned at

706 Main St, 50601 Ackley, Iowa - United States (US)

The phone of the respective **Gym** is [+1319-343-8022](tel:+1319-343-8022)
And if you want to send a WhatsApp, you can do so at [+1319-343-8022](whatsapp://send?phone=13193438022)

Our business hours are:

- Day Hours
- Monday
Open 24 hours
- Tuesday
Open 24 hours
- Wednesday
Open 24 hours
- Thursday
Open 24 hours
- Friday
Open 24 hours
- Saturday
Open 24 hours
- Sunday
Open 24 hours

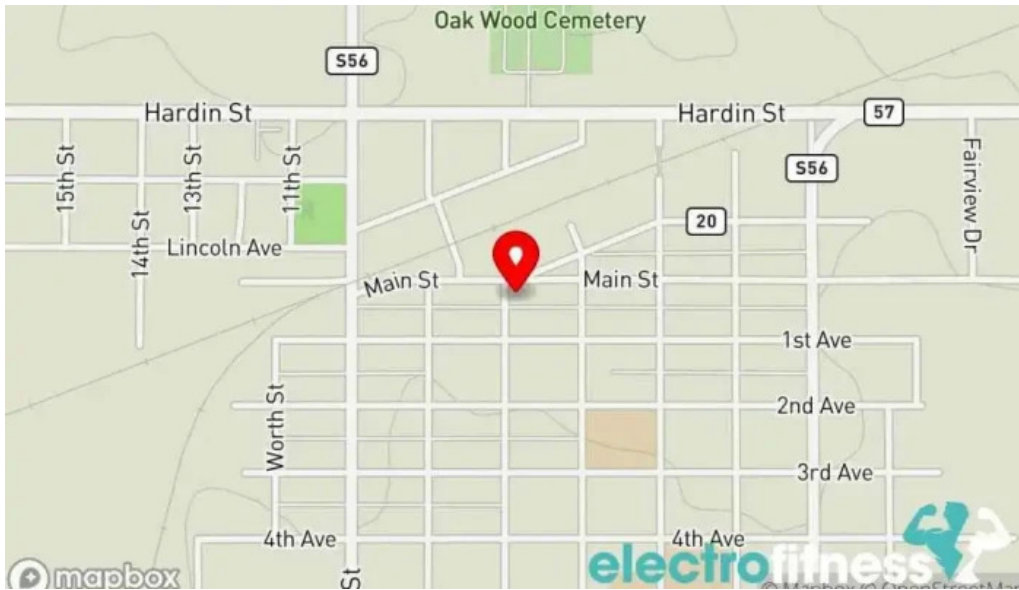
The website is [Cougar Fitness 55 LLC](#)

If necessary to update any information that you consider is incorrect regarding this site, please send us a message so we can we will correct it promptly. In advance thank you very much.

Images



Cougar fitness 55 llc street view 360deg



Cougar fitness 55 llc map



Cougar fitness 55 llc gym



Cougar fitness 55 llc by owner



Cougar fitness 55 llc all



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Tags

Amenities, Accessibility, Wi-Fi, Wheelchair-accessible car park, Wheelchair-accessible entrance

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