

Alameda Fitness & Spa - Alameda

alameda

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Welcome to Alameda Fitness & Spa

Alameda Fitness & Spa is more than just a gym; it's a community hub for fitness enthusiasts of all ages and backgrounds. This gym in Alameda, California, offers a vibrant atmosphere that promotes wellness and camaraderie among its members.

Swimming Pool & Amenities

One of the standout features of Alameda Fitness & Spa is its ****indoor swimming pool****. This heated facility is perfect for those looking to incorporate

swimming into their fitness regimens or simply relax after a workout. The pool is well-maintained, ensuring a safe and enjoyable experience for all swimmers. Additionally, the facility boasts many amenities, including **sauna**, steam rooms, hot tubs, and basketball courts. Whether you prefer **cardio workouts**, lifting weights, or enjoying a calming swim, this gym has it all.

Planning Your Visit

Alameda Fitness & Spa emphasizes **accessibility** for all members. The facility features a wheelchair-accessible entrance and parking, making it easy for everyone to access the gym's amenities regardless of ability. Moreover, the gym requires membership, but many members find it worth the investment due to the range of offered services and the friendly staff who foster an inclusive environment.

Safe and Clean Environment

Members frequently commend the cleanliness of the gym, with dedicated staff working hard to ensure that everything from the **showers** to the locker rooms is well-maintained and sanitized in real time. After workouts, members can enjoy refreshing showers, saunas, and hot tubs, creating a spa-like experience that complements the rigorous training sessions.

A Community Atmosphere

Alameda Fitness & Spa has worked hard to cultivate a welcoming atmosphere. Regular visits by members often lead to friendships and a sense of belonging. Members appreciate the gym's commitment to inclusivity, noting that the staff treats everyone with respect and kindness. Many have shared their love for the supportive community, which enhances their overall fitness journey.

Feedback & Future Planning

Management at Alameda Fitness & Spa is receptive to member feedback, constantly striving to improve the overall experience. Recent changes in ownership have led to better cleaning practices and equipment maintenance, addressing past concerns. The new leadership has introduced fresh programming, including group classes led by passionate instructors who inspire members to push their limits.

Conclusion

Alameda Fitness & Spa continues to establish itself as a premier destination for fitness in Alameda, California. With its excellent amenities, friendly atmosphere, and commitment to safety and cleanliness, this gym is an ideal choice for anyone looking to embark on or enhance their fitness journey. Come and experience the difference — you won't be disappointed!

Our location is in

2227 Mariner Square Loop, 94501 Alameda, California - United States (US)

The phone of this **Gym** is +1510-523-8011

And if you want to send a WhatsApp, you can do so at +1510-523-8011

Our public attention hours are:

Day Hours
Monday
5:30?AM–10?PM
Tuesday
5:30?AM–10?PM
Wednesday
5:30?AM–10?PM
Thursday
5:30?AM–10?PM
Friday
8?AM–6?PM
Saturday
8?AM–6?PM
Sunday
5:30?AM–10?PM

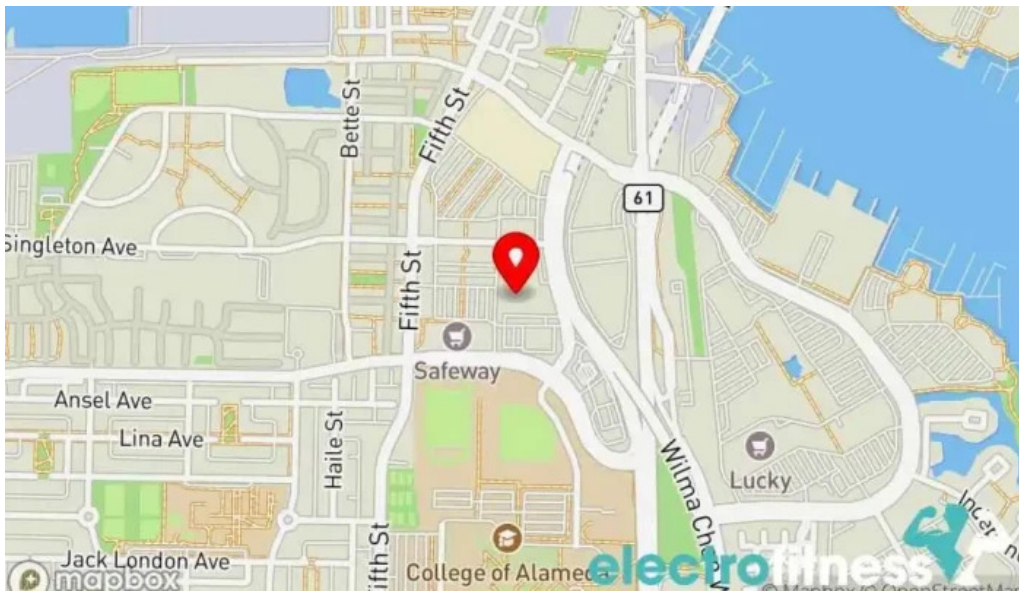
The website is Alameda Fitness & Spa

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Images



Alameda fitness spa street view 360deg



Alameda fitness spa map



Alameda fitness spa all



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Tags

Sauna, Amenities, Wheelchair-accessible car park, Accessibility, Shower, Wheelchair-accessible entrance, Atmosphere, Membership required, Swimming pool, Basketball court, Planning

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day spa
disc golf course
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recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
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sauna
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self defense school
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