

## Coast Guard Island Base Gym - Alameda

alameda

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*alameda*

## *Coast Guard Island Base Gym - Alameda*

### **Exploring the Coast Guard Island Base Gym in Alameda, California**

The Coast Guard Island Base Gym, located in Alameda, California, offers a unique fitness experience for military personnel and their families. Known for its **\*\*accessibility\*\***, excellent facilities, and a friendly atmosphere, this gym has garnered positive feedback from those who have frequented it.

### **Accessibility Features**

For those concerned about accessibility, the Coast Guard Island Base Gym provides a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible**

car park\*\*. This ensures that all members, regardless of physical ability, can enjoy the gym facilities without barriers.

## **Facilities and Amenities**

The gym is well-equipped with various amenities that cater to a diverse range of fitness interests: - **\*\*Sauna\*\***: Both men's and women's locker rooms are equipped with saunas, providing a perfect spot to relax post-workout. - **\*\*Basketball Court\*\***: The inclusion of a basketball court allows members to engage in recreational sports, making it a versatile location for fitness. - **\*\*Equipment Variety\*\***: With Nautilus machines, a spacious weight room, and dedicated areas for TRX and CrossFit classes, there's something for everyone. Members have noted that while the gym could benefit from a few niche machines, the overall selection is more than adequate.

## **A Great Community Vibe**

One of the standout features of the Coast Guard Island Base Gym is its low crowd levels. Many visitors appreciate the quieter atmosphere, allowing for a more focused workout. As one user noted, "There's not many people inside," making it an ideal environment for serious training. Additionally, having military personnel on staff reinforces a sense of community and support among members.

## **Long-standing Reputation**

With patrons stating they've been coming to the gym for decades, it's clear that the Coast Guard Island Base Gym has earned a loyal following. One member remarked, "I've been coming here for 25 years," indicating the gym's long-standing value within the community.

## **Room for Improvement**

While many aspects of the gym receive high praise, some attendees have pointed out areas that could be enhanced. Suggesting the addition of a spin class and noting that there are a few broken cardio machines, members have expressed a desire for continual upgrades to ensure the gym remains top-notch.

## **Conclusion**

In summary, the Coast Guard Island Base Gym in Alameda, California, stands out as an exceptional facility for military personnel, offering great accessibility, a variety of equipment, and a welcoming environment. With its unique amenities like the sauna and basketball court, alongside an engaged community, it truly embodies what a military gym should be. Whether you're a long-time member or new to the base, this gym is a fantastic resource for maintaining fitness and wellbeing.

## Our business is found at

, 94501 Alameda, California - United States (US)

The phone number of the respective **Gym** is +1510-437-3580

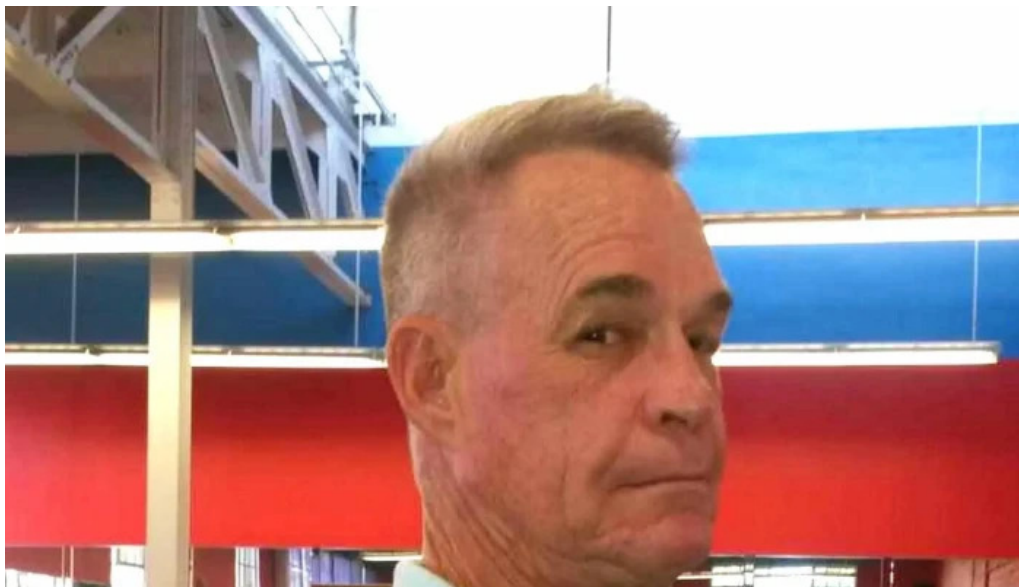
And if you want to send a WhatsApp, you can do so at +1510-437-3580

## We open at the following schedule:

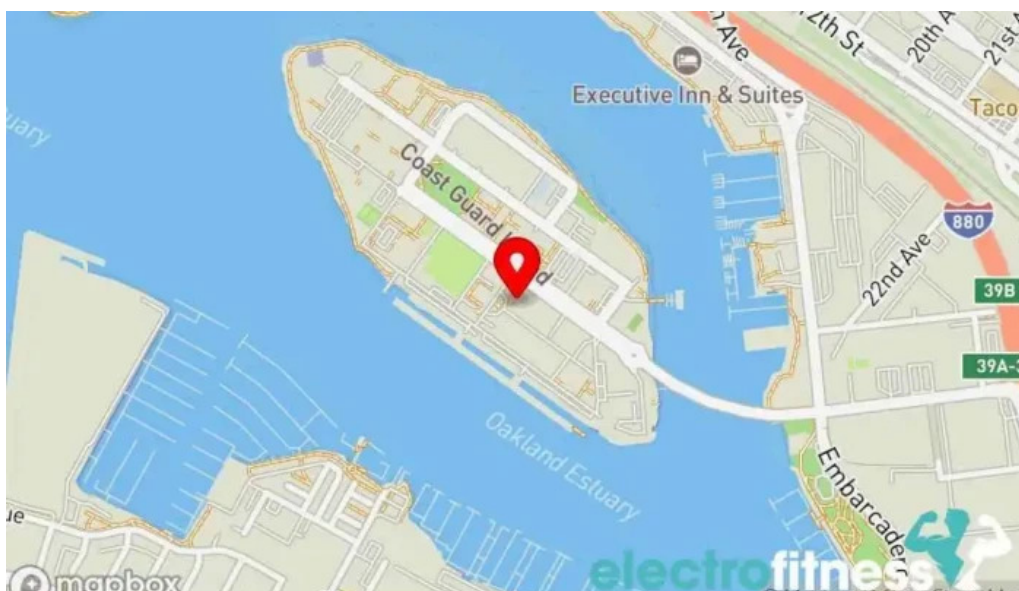
Day	Hours
Monday	5:30?AM–8?PM
Tuesday	5:30?AM–8?PM
Wednesday	5:30?AM–8?PM
Thursday	5:30?AM–8?PM
Friday	8:30?AM–6?PM
Saturday	8:30?AM–6?PM
Sunday	5:30?AM–8?PM

If you require to modify any information that you think is not precise concerning this web, we urge you to deliver a message so that we will handle it promptly. With anticipation thanks.

## Images



*Coast guard island base gym promotion*



*Coast guard island base gym map*

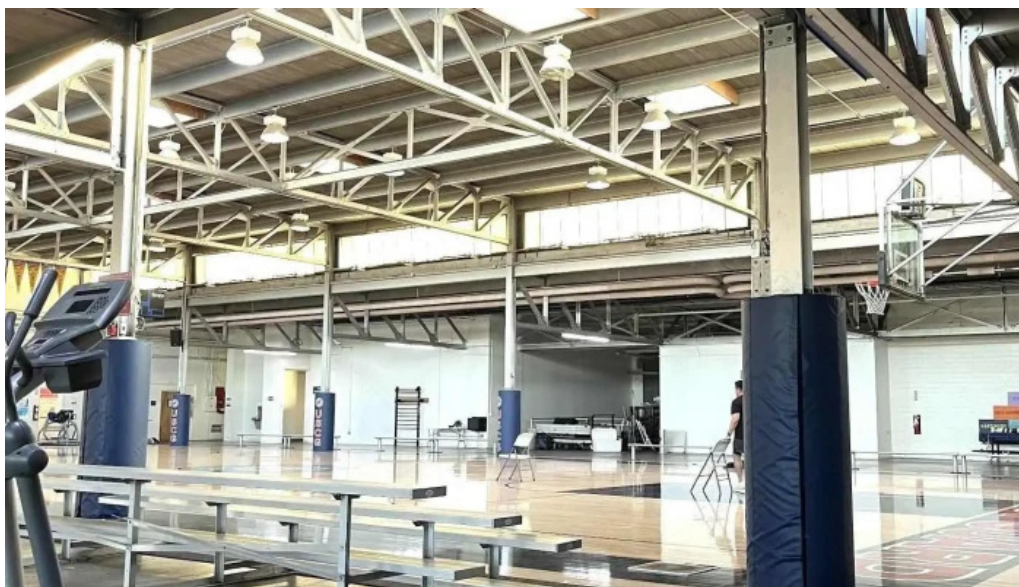


*Coast guard island base gym gym*



*Coast guard island base gym area*





*Coast guard island base gym all*



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## Tags

*Basketball court, Sauna, Accessibility, Amenities, Wheelchair-accessible car park, Wheelchair-accessible entrance*

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basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center

convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
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hair salon
health consultant
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hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist



kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex

sports massage therapist
sports medicine clinic
sports nutrition store
sports school
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