

## Concrete Body - Alameda

alameda

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## Concrete Body - Alameda

### Welcome to Gym Concrete Body: Your Fitness Destination in Alameda, California

If you're looking for a place to enhance your fitness journey, **Gym Concrete Body** in Alameda, California, is an excellent choice. With a commitment to accessibility and personalized training, this gym is designed to cater to everyone's needs.

### Accessibility and Planning

One of the standout features of **Gym Concrete Body** is its focus on **accessibility**. The facility includes a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that all members can easily access the gym without any barriers. This thoughtful planning makes it an inclusive environment where everyone can thrive.

## Membership Required

To enjoy the numerous benefits that come with working out at **Gym Concrete Body**, a **membership is required**. This membership not only grants you access to state-of-the-art equipment but also connects you with top-notch trainers who are dedicated to helping you reach your fitness goals.

## Exceptional Trainers

At **Gym Concrete Body**, you'll benefit from the expertise of phenomenal trainers like Ron. Members have shared their positive experiences, highlighting how Ron customizes workouts to meet individual needs while pushing them to their potential. His personalized approach ensures that every session is effective and motivating.

## Community and Vibe

The overall atmosphere at **Gym Concrete Body** is described as awesome by many gym-goers. It's not just about working out; it's about being part of a supportive community that encourages each other to strive for better. The camaraderie among members adds to the motivation, making every workout an enjoyable experience.

## Conclusion

If you're in Alameda and searching for a gym that prioritizes **accessibility**, exceptional trainers, and a welcoming environment, look no further than **Gym Concrete Body**. Their commitment to helping you achieve your fitness goals may just be the push you need to unlock your potential!

## We are situated in

2259 Harbor Bay Pkwy, 94502 Alameda, California - United States (US)

The contact line of this **Gym** is +1510-523-4769

And if you want to send a WhatsApp, you can do so at +1510-523-4769

## We open at the following schedule:

Day	Hours
Monday	8?AM–8?PM
Tuesday	8?AM–8?PM
Wednesday	8?AM–8?PM
Thursday	8?AM–8?PM
Friday	Closed
Saturday	Closed
Sunday	8?AM–8?PM

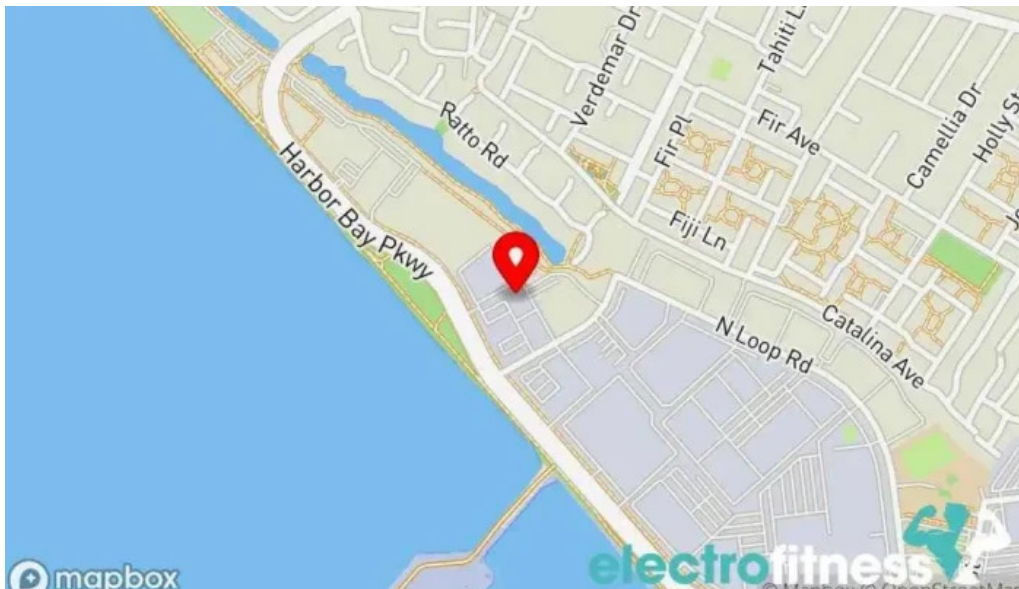
The website is [Concrete Body](#)

If you need to modify any element that you feel is not correct related to this web, we ask send a message so we can we will correct it quickly. In advance we appreciate it.

## Images



*Concrete body street view 360deg*



*Concrete body map*



*Concrete body all*



*Concrete body alameda*

## Tags

*Wheelchair-accessible car park, Membership required, Accessibility, Wheelchair-accessible entrance, Planning*

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**5.0 \*** *The Centered Body - Pleasant Hill*

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cultural center
dance company
dance school
day spa
disc golf course
dollar store
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elementary school
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facial spa
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fitness

fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
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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
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center



wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
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