

Island Grit Crossfit - Alameda

alameda

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Welcome to Gym Island Grit CrossFit in Alameda, California

If you are looking for a vibrant community and top-notch amenities, **Gym Island Grit CrossFit** is the place to be. Situated in the heart of Alameda, this facility has quickly become a favorite among fitness enthusiasts.

Amenities That Enhance Your Experience

One standout feature of Gym Island Grit is its **wheelchair-accessible entrance** and **wheelchair-accessible car park**, ensuring that everyone can enjoy their workouts without barriers. The gym is well-equipped with amenities

including: - A spacious sauna - A large jacuzzi in the locker room - Showers for post-workout refreshment - Free ****Wi-Fi**** accessibility throughout the facility These features not only contribute to a comfortable workout environment but also enhance your overall gym experience.

Community and Coaching

Members rave about the supportive community at Gym Island Grit. One visitor shared, "The workout here is really great. The staff are friendly and the members are too. That's a winning combination which contributes to a great workout!" With amazing instructors and a welcoming atmosphere, many find themselves eager to return. However, experiences may vary. Another member reported a less favorable encounter during a CrossFit class, highlighting a lack of support from one instructor. While this might be an isolated incident, it serves as a reminder of the importance of effective coaching in creating a positive environment for new members.

Membership and Accessibility

To fully enjoy the benefits of Gym Island Grit, ****membership is required****. However, for those who want to try before they commit, a ****day pass**** is available for just \$20, making it easy to experience the facility firsthand. Accessibility to the gym is prioritized, making it a great choice for diverse fitness needs, including those who may require wheelchair access.

Final Thoughts

With its excellent amenities, dedicated staff, and a supportive community, Gym Island Grit CrossFit stands out as a premier location for fitness in Alameda. Whether you are a seasoned athlete or just starting your fitness journey, this gym offers a welcoming space to achieve your goals. So why wait? Plan your visit today and feel the difference!

We are positioned at

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

The phone number of said **Gym** is +1510-523-8011

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

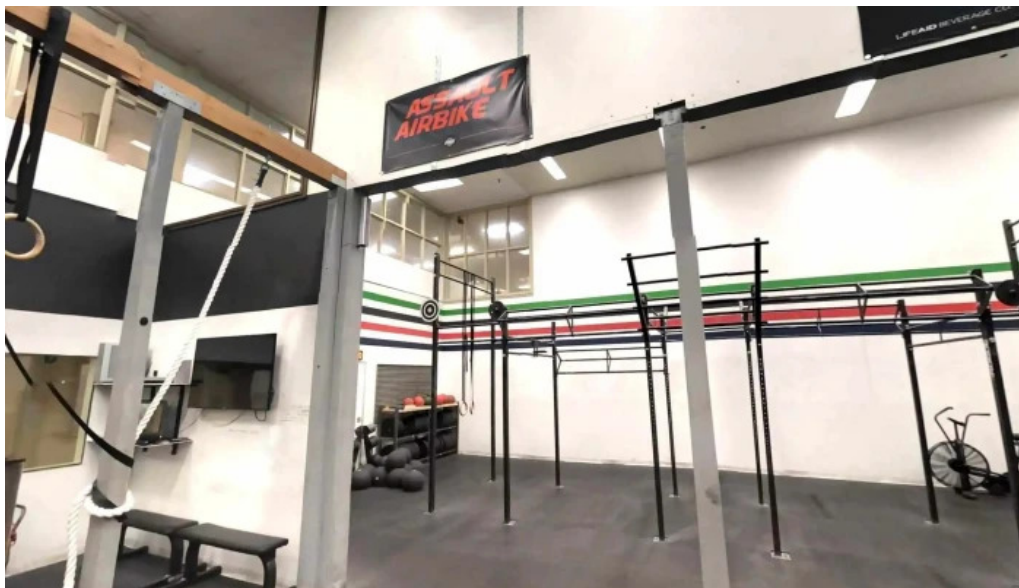
Our opening hours are:

Day Hours
Monday
4:20?AM–8?PM

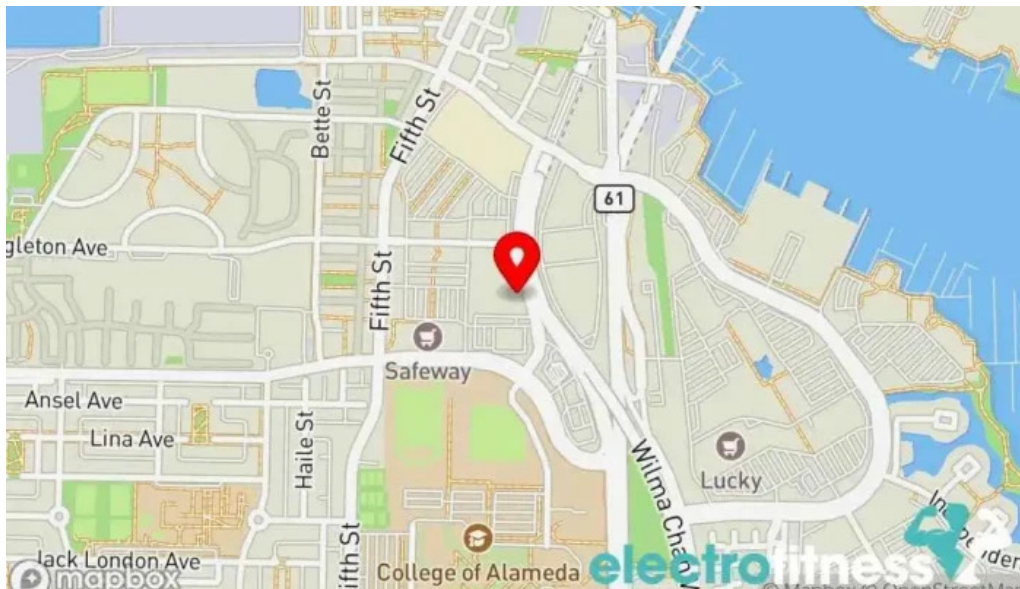
Tuesday
5:20?AM–7?PM
Wednesday
4:20?AM–8?PM
Thursday
5:20?AM–7?PM
Friday
6?AM–12:40?PM
Saturday
7:10?AM–10?PM
Sunday
4:20?AM–8?PM

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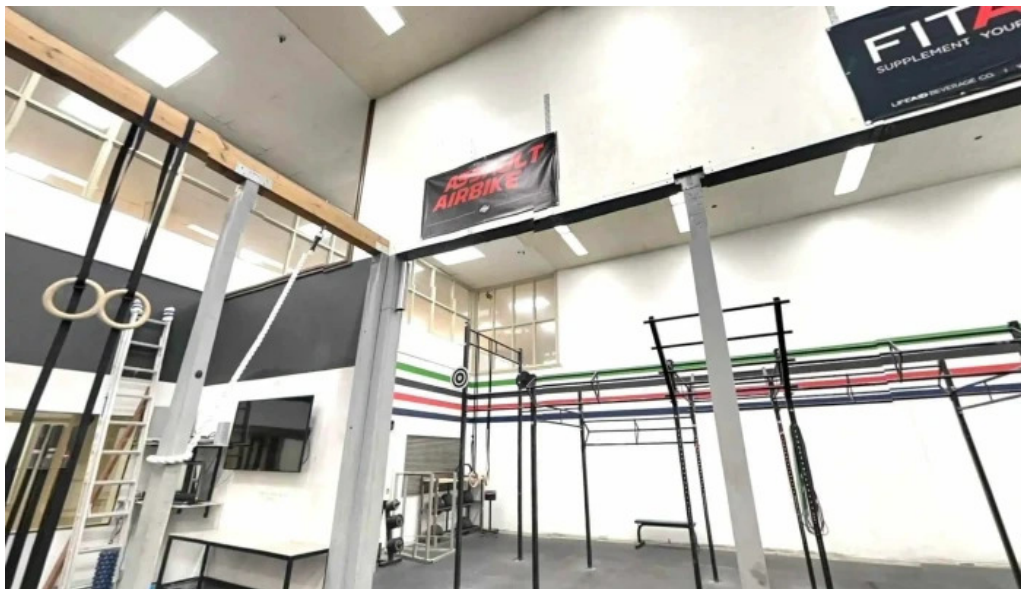
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Island grit crossfit street view 360deg



Island grit crossfit map



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Tags

Wheelchair-accessible entrance, Amenities, Membership required, Wi-Fi, Accessibility, Planning, Wheelchair-accessible car park

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