

Rise Bodyworks - Alameda

alameda

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| Published on: 05/05/25 | Hits: 580 |
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https://www.electrofitness.com/gym/alameda/rise-bodyworks-alameda_271180.php



alameda

Rise Bodyworks - Alameda

Explore Rise Bodyworks Gym in Alameda, California

Welcome to Rise Bodyworks

Located in the heart of Alameda, California, **Rise Bodyworks** is a gym that stands out for its commitment to inclusivity, accessibility, and high-quality fitness services. With a wide range of **amenities** and **on-site services**, it's no surprise that members rave about their experiences here.

Accessibility and Inclusivity

One of the key features of **Rise Bodyworks** is its dedication to providing a safe and accessible environment for everyone. The gym offers a **wheelchair-accessible entrance** and **wheelchair-accessible toilet**, ensuring that all members can enjoy their workouts without barriers. Moreover, this facility prides itself on being a **transgender safe space** and **LGBTQ+ friendly**, making it a welcoming place for diverse individuals.

Amenities That Enhance Your Experience

The amenities at Rise include a sauna, cold plunge tub, and well-maintained locker rooms. Many members have highlighted the quality of **massage therapy** and chiropractic services available on-site. These services complement your fitness routine and provide excellent self-care options after an intense workout.

Membership and Training Options

While a **membership is required** to access the gym, the investment is worthwhile given the variety of **service options** available. Members can choose from personal training sessions or join small group classes that encompass everything from HIIT to Pilates. Instructors like Katherine and Derek are praised for their expertise and ability to motivate and challenge you through every session.

Online Classes and Community Vibes

For those unable to make it to the gym in person, **online classes** are also available, providing flexibility for those with busy schedules. The community atmosphere at Rise Bodyworks is often mentioned in feedback, where members feel supported and encouraged. This is a gym where it's common to see families working out together, creating a strong sense of camaraderie.

Quiet and Comfortable Environment

Many reviews mention that the gym is never overcrowded, allowing for a comfortable workout experience. The availability of equipment, including free weights and machines, makes it easy to set up a personalized workout routine without interruptions. Additionally, members can take advantage of **Wi-Fi** to stay connected.

Final Thoughts

If you're looking for a gym that offers everything from top-notch training options to exceptional self-care services, look no further than **Rise Bodyworks**. With its

focus on accessibility, community, and personal growth, Rise is more than just a gym—it's a place where you can truly elevate your fitness journey.

You can come to our business at

1226 Park St, 94501 Alameda, California - United States (US)

The phone number of the mentioned **Gym** is +1510-263-9162

And if you want to send a WhatsApp, you can do so at +1510-263-9162

Visit us during the following hours:

| Day | Hours |
|-----------|------------|
| Monday | 5?AM–10?PM |
| Tuesday | 5?AM–10?PM |
| Wednesday | 5?AM–10?PM |
| Thursday | 5?AM–9?PM |
| Friday | 7?AM–9?PM |
| Saturday | 7?AM–9?PM |
| Sunday | 5?AM–10?PM |

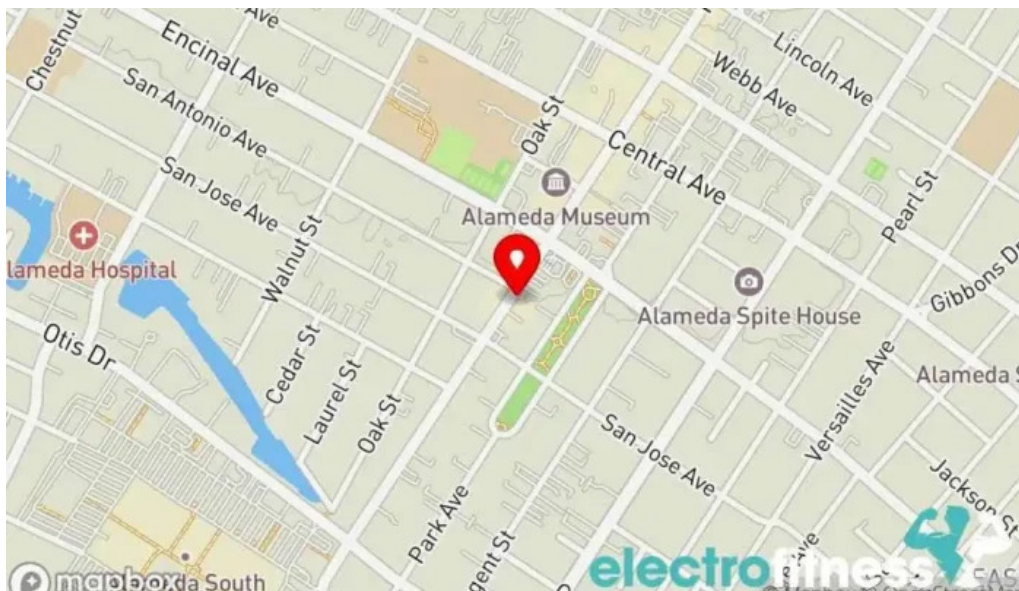
The website is Rise Bodyworks

If you wish to modify any data that you believe is not precise related to this portal, we ask forward a message and we will handle it quickly. With anticipation thank you very much.

Images



Rise bodyworks street view 360deg



Rise bodyworks map



Rise bodyworks gym



Rise bodyworks by owner



Rise bodyworks all



Rise bodyworks alameda

Tags

On-site services, LGBTQ+ friendly, Membership required, Wheelchair-accessible entrance, Crowd, Amenities, Wheelchair-accessible toilet, Toilet, Online classes, Transgender safe space, Accessibility, Planning, Service options, Wi-Fi, Sauna

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