

The Island Personal Training & Massage - Alameda

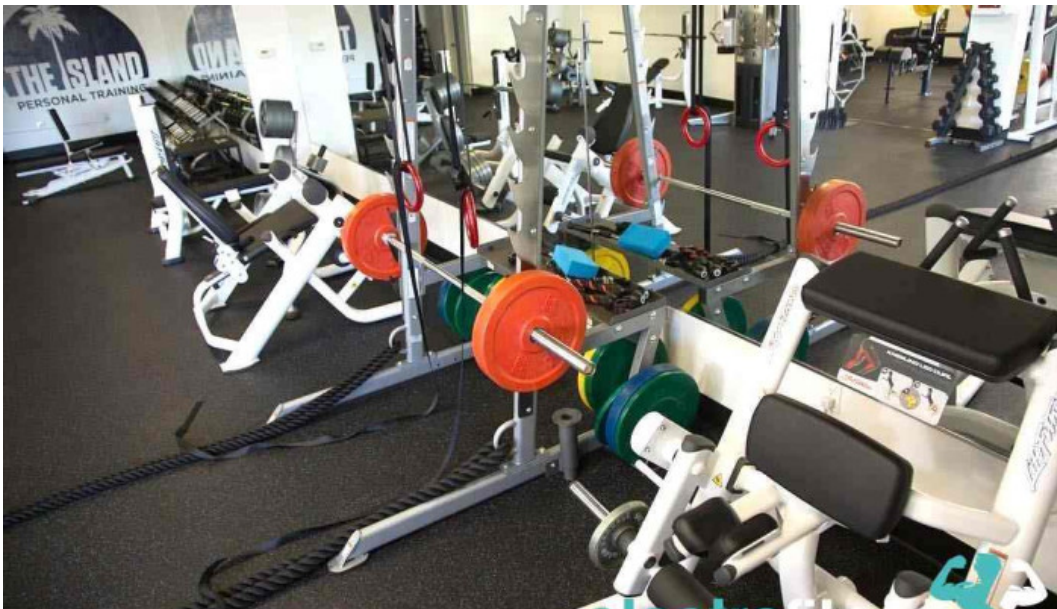
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The Island Personal Training & Massage - Alameda

The Island Personal Training & Massage: A Hidden Gem in Alameda, California

The Island Personal Training & Massage offers a unique fitness experience, blending ****top-tier equipment**** with a welcoming atmosphere. It's not just a gym; it's a community focused on health and wellness.

Accessibility and Amenities

Planning a visit? The gym is equipped with a ****wheelchair-accessible**

entrance** and a **wheelchair-accessible car park**, ensuring that all clients can enjoy the facilities comfortably. Additionally, the presence of **gender-neutral toilets** highlights their commitment to inclusivity.

On-Site Services and Online Classes

At The Island, you'll find a range of **on-site services** tailored to individual needs. While appointments are required for personal training sessions, they also provide **online classes** for those who prefer working out from home. This flexibility allows members to maintain their fitness routines regardless of their schedules.

A Professional Experience

Jason, a top personal trainer at The Island, has received rave reviews from clients who appreciate his professional, empathetic, and enthusiastic approach. Whether you're looking to lose body fat or gain strength and confidence, his expertise ensures that every workout session is effective and enjoyable.

Cleanliness and Equipment Quality

Clients have noted that the gym is **kept very clean**, with trainers regularly wiping down equipment after use. This dedication to cleanliness contributes significantly to a comfortable and healthy workout environment. The gym features **top-of-the-line equipment**, strategically placed for optimal functionality.

A Great Atmosphere

The atmosphere at The Island is inviting and motivating. With a great location right across from Crown Beach, it provides a peaceful backdrop for your workouts. The ambiance sets the tone for a productive exercise session, making it a prime choice for anyone serious about their fitness journey.

Service Options and Client Testimonials

With **40 drop-in classes** available monthly at a flat rate, clients benefit from a variety of options to suit different fitness levels. Each class comes with guidance from skilled personal trainers, ensuring participants receive the support they need. Many clients express their satisfaction, stating, "This is the worst gym on the island" was an exception rather than the rule, as most feedback highlights the positive experiences encountered by visitors.

Conclusion

In summary, The Island Personal Training & Massage stands out in Alameda for its comprehensive services, accessible facilities, and dedication to client satisfaction. Whether you're a seasoned athlete or just starting, this gym promises a rewarding and enjoyable fitness experience. Don't miss the chance to be part of this thriving community!

Our business is at

710 Lincoln Ave, 94501 Alameda, California - United States (US)

The contact line of the respective **Gym** is +1510-570-0427

And if you want to send a WhatsApp, you can do so at +1510-570-0427

We open at the following schedule:

| Day | Hours |
|-----------|-----------------|
| Monday | 4:30?AM–10?PM |
| Tuesday | 4:30?AM–10?PM |
| Wednesday | 4:30?AM–10?PM |
| Thursday | 4:30?AM–7:30?PM |
| Friday | 6?AM–2:30?PM |
| Saturday | 7:30?AM–2:30?PM |
| Sunday | 4:30?AM–10?PM |

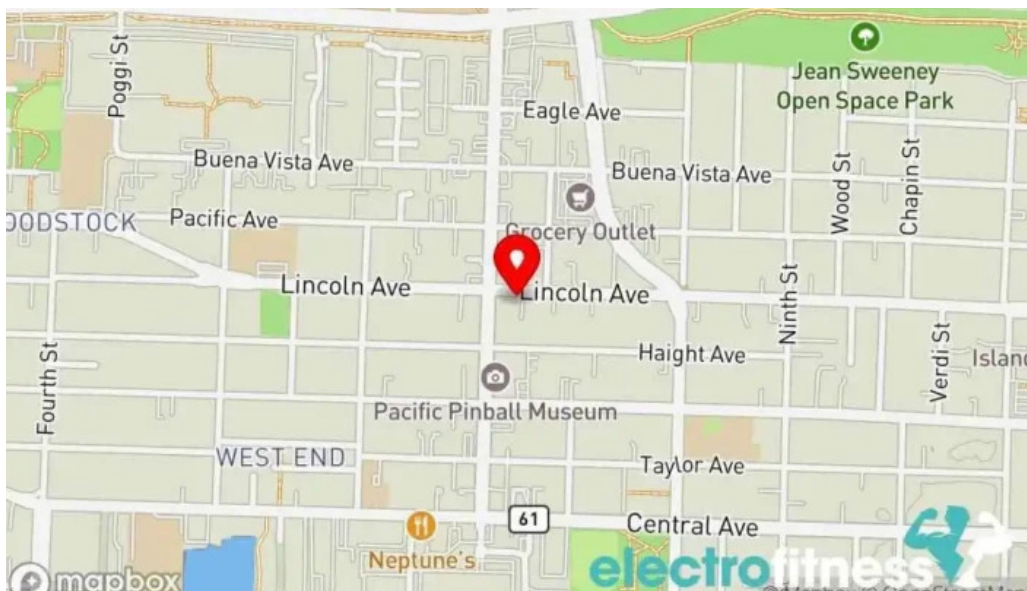
The website is The Island Personal Training & Massage

In case you want to update any detail that you consider is not accurate concerning this page, we ask send us a message so we can we will correct it at the earliest convenience. In advance thank you very much.

Images



The island personal training massage street view 360deg



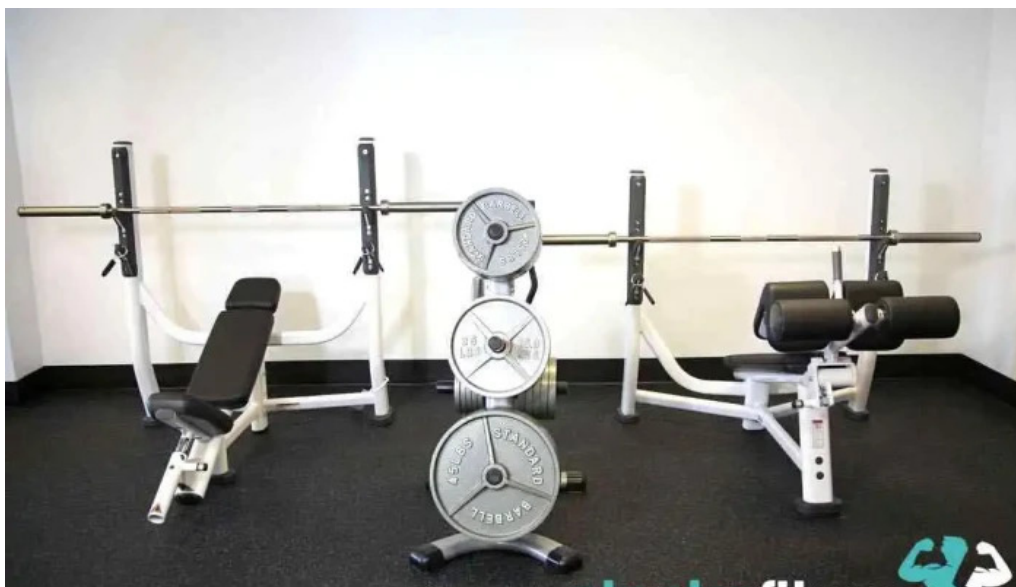
The island personal training massage map



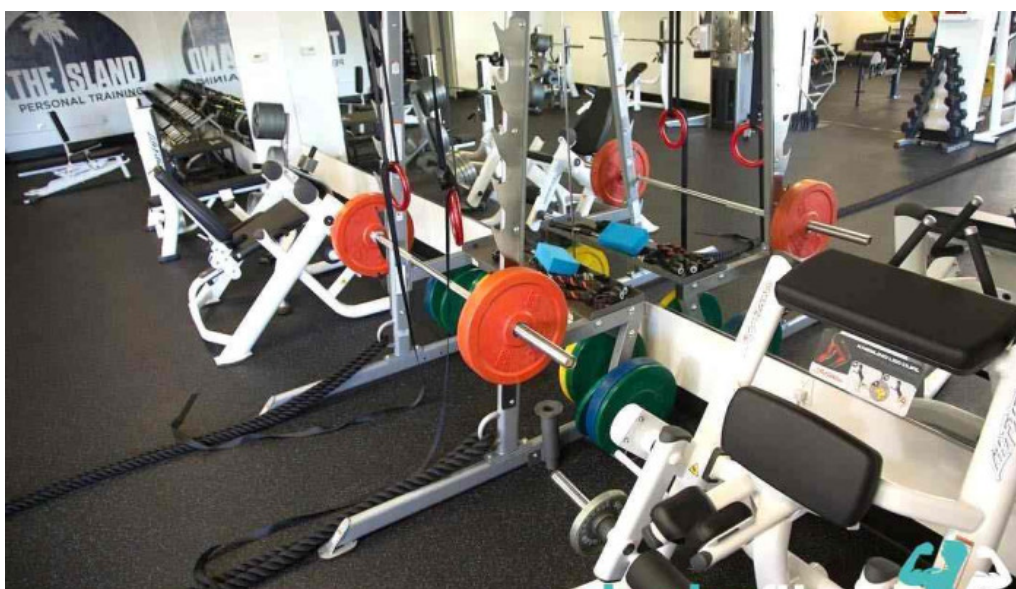
The island personal training massage gym



The island personal training massage exercise machine



The island personal training massage by owner



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Tags

Appointment required, Gender-neutral toilets, Accessibility, Amenities, Atmosphere, Shower, Wheelchair-accessible entrance, On-site services, Online classes, Service options, Planning, Wheelchair-accessible car park, Wi-Fi

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| batting cage center |
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| boxing gym |
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| coffee shop |
| community center |
| convenience store |
| counselor |
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| massage therapist |
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