

## CrossFit DownRiver a/k/a DownRiver Strength & Conditioning - Allen Park

allen park

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## *CrossFit DownRiver a/k/a DownRiver Strength & Conditioning - Allen Park*

### **Discover CrossFit DownRiver: Your Ultimate Fitness Destination in Allen Park, Michigan**

If you're seeking a transformative fitness experience, look no further than **CrossFit DownRiver**, also known as DownRiver Strength & Conditioning. Located in Allen Park, Michigan, this gym is more than just a workout space; it's

a welcoming community committed to helping individuals of all fitness levels achieve their goals.

## **Accessibility and Convenience**

CrossFit DownRiver prides itself on its **wheelchair-accessible entrance** and **wheelchair-accessible car park**, ensuring that everyone can participate in challenging workouts without barriers. The **free parking lot** makes it easy for members to visit, while **gender-neutral toilets** and **on-site services** reflect the gym's commitment to inclusivity.

## **A Community Like No Other**

This establishment is renowned for being **LGBTQ+ friendly** and fostering an environment where diversity is celebrated. New members often share how quickly they feel welcomed, stating that the **crowd** at CrossFit DownRiver is nothing short of amazing. Everyone is encouraged and supported, regardless of their fitness level.

## **Varied Workouts and Amenities**

The programming is designed to keep every session engaging. From strength training to high-intensity conditioning, every day's workout is unique and scalable. Members appreciate the diverse **amenities**, including ample space and high-quality equipment that caters to various workout preferences.

## **Membership and Service Options**

A **membership required** model ensures that each participant is invested in their fitness journey. Whether you're just starting or are an experienced athlete, CrossFit DownRiver offers various service options to meet your needs. The supportive coaching staff works closely with members to tailor workouts specifically to individual goals and capabilities.

## **A Place for Growth and Support**

Countless testimonials highlight how the coaches at CrossFit DownRiver, especially Coach Kirk, provide invaluable guidance and support. Members consistently express how the atmosphere promotes personal growth, repeatedly stating that they've accomplished feats they once thought impossible. This gym transcends typical fitness centers by creating a family-like environment where everyone motivates one another.

## **Conclusion: Join the CrossFit DownRiver Family**

If you're ready to embark on a rewarding fitness journey, consider joining **CrossFit DownRiver**. With its commitment to inclusivity, outstanding coaching, and a community that feels like family, you're sure to find not only a place to work out but a place to belong. Don't miss out on the opportunity to transform your life—visit today!

### **Our location is in**

5903 Allen Rd, 48101 Allen Park, Michigan - United States (US)

The contact line of the respective **Gym** is +1313-815-1724

And if you want to send a WhatsApp, you can do so at +1313-815-1724

### **We open at the following schedule:**

Day	Hours
Monday	6–7?AM 10–11?AM 3:30–7:30?PM
Tuesday	6–7?AM 9–11?AM 3:30–7:30?PM
Wednesday	6–7?AM 9–11?AM 3:30–6:30?PM
Thursday	9:30–11?AM
Friday	9:30–11?AM
Saturday	6–7?AM 9–11?AM 3:30–7:30?PM
Sunday	6–7?AM 9–11?AM 3:30–7:30?PM

The website is CrossFit DownRiver a/k/a DownRiver Strength & Conditioning

If you need to modify any element that you believe is incorrect concerning this page, we kindly request deliver a message so we can we will correct it quickly. In advance thanks for your cooperation.

## **Images**

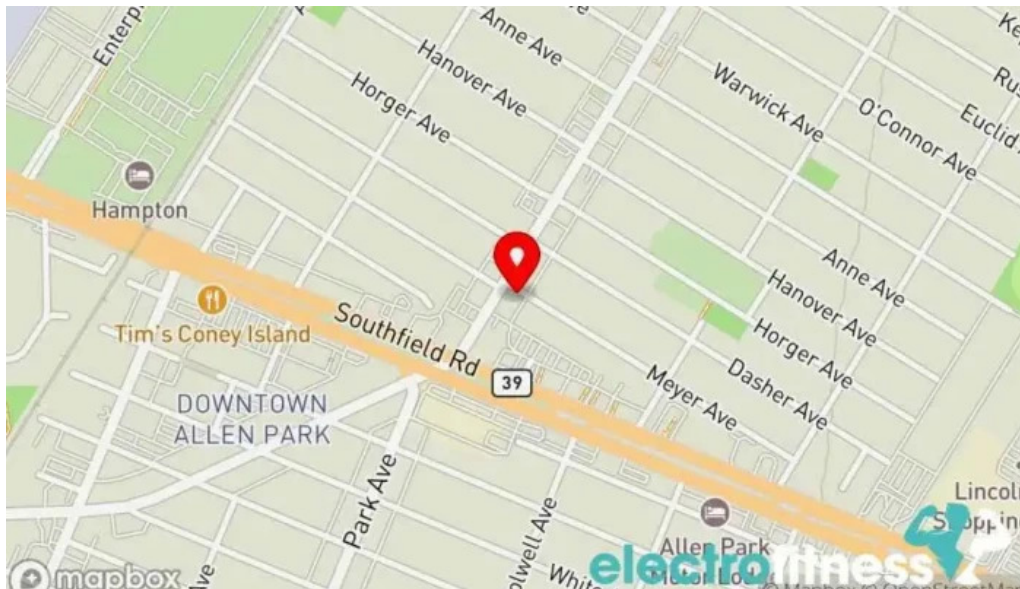


*Crossfit downriver aka downriver strength conditioning street view 360deg*



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## Tags

*Planning, Wheelchair-accessible entrance, Service options, Amenities, Wheelchair-accessible car park, Parking, Free parking lot, On-site services, Accessibility, Membership required, LGBTQ+ friendly, Crowd, Gender-neutral toilets*

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**5.0 \*** *East Valley Strength and Conditioning - Chandler*

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**4.6 \*** *Crunch Fitness - Allen - Allen*

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<b>5.0 *</b>	<i>OnePlus Strength and Conditioning   Op CrossFit - San Antonio</i>
<b>5.0 *</b>	<i>Carbon Strength &amp; Conditioning - Littleton</i>
<b>5.0 *</b>	<i>Downtown Strength and Conditioning - Miami</i>
<b>4.6 *</b>	<i>Berserker Strength and Conditioning - Garden City</i>
<b>4.9 *</b>	<i>Jeta Strength &amp; Conditioning - Crown Point</i>
<b>5.0 *</b>	<i>Ephrata Strength and Conditioning East - Denver</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
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
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization
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
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel

indoor cycling
jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school

school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
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 pool
swimming school
tanning salon
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training centre
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weightlifting area
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women's organization
women's personal trainer
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yoga instructor
yoga studio
youth organization