

Electro Fitness: Best Electro Fitness

Ak Kettlebell - Anchorage

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Ak Kettlebell - Anchorage

Discover AK Kettlebell: A Premier Gym Experience in Anchorage, Alaska

If you're looking for an all-inclusive fitness experience that emphasizes accessibility and community, **AK Kettlebell** in Anchorage is the ideal destination. This gym not only offers outstanding kettlebell training but is also equipped with a **wheelchair-accessible entrance** and a convenient **wheelchair-accessible car park**. With its inclusive atmosphere, everyone can participate and thrive.

Expert Coaching Tailored to Your Needs

As one satisfied member noted, "I signed up for the 5 week Winterfit class to learn better techniques when using kettlebells." Despite initial intimidation, the supportive environment led to an empowering experience. Owner and Coach **Jody** excels at creating a welcoming atmosphere where every individual feels valued. He adjusts movements to cater to any physical limitations, ensuring full **accessibility** for all participants.

Effective Workouts Focused on Strength, Cardio, and Mobility

AK Kettlebell offers classes designed to improve overall fitness. One attendee emphasized the gym's ability to provide "the most effective workouts." The sessions focus on strength, cardio, and mobility—all essential components for anyone serious about getting fit. The owner's expertise in well-established exercise protocols guarantees a safe and productive workout environment.

A Community That Supports Your Fitness Journey

The friendly and encouraging community at AK Kettlebell sets it apart. Members enjoy working together in a no-pressure atmosphere. As one client stated, "Small kettlebell gym with great coaching and a friendly group." This supportive environment is perfect for anyone, regardless of their skill level—you'll find no attitudes here, just good workouts and fun people!

Why Choose AK Kettlebell?

Inclusive Environment: Wheelchair-accessible features ensure everyone can join. Expert Coaching: Personalized attention from experienced instructors. Community Focus: A welcoming space that encourages all fitness levels. Effective Programming: Classes designed to optimize strength, cardio, and mobility. Whether you're a beginner or looking to enhance your existing skills, AK Kettlebell is the place to be. Join the community today and transform your fitness journey into a fun and challenging experience!

You can visit us at the address:

901 E Klatt Rd #6, 99515 Anchorage, Alaska - United States (US)

The contact phone of this **Gym** is <u>+1907-240-9921</u>
And if you want to send a WhatsApp, you can do so at<u>+1907-240-9921</u>

We are open during the following hours:

Day Hours
Monday
Closed
Tuesday
5:30?AM-8?PM
Wednesday
5:30?AM-8?PM
Thursday
5:30?AM-8?PM
Eriday
5:30?AM-8?PM
Saturday
5:7AM-7:30?PM
Sunday
8?AM-1?PM

The website is AK Kettlebell

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Tags

Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park

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