

## The Sweat Lab (Make Yourself) - Anchorage

anchorage

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## *The Sweat Lab (Make Yourself) - Anchorage*

### Explore The Sweat Lab: Make Yourself in Anchorage, Alaska

The Sweat Lab, located in the heart of Anchorage, Alaska, stands out as a premier destination for fitness enthusiasts of all ages and skill levels. With its welcoming environment and dedicated coaching staff, The Sweat Lab is not just a gym; it's a community that promotes wellness and transformation.

### Accessibility Features

One of the key highlights of The Sweat Lab is its commitment to **\*\*accessibility\*\*** for all members. The gym boasts a **\*\*wheelchair-accessible**

entrance\*\*, ensuring that everyone can participate in their fitness journey. Furthermore, the facility provides a \*\*wheelchair-accessible car park\*\* and convenient \*\*free parking lot\*\*, making it easy for all visitors to access the gym without hassle. Additionally, The Sweat Lab features \*\*gender-neutral toilets\*\*, enhancing inclusivity and comfort for all patrons. The emphasis on amenities ensures that every member feels welcome and supported.

## **A Variety of Classes and Coaching Excellence**

The Sweat Lab offers a diverse range of classes, catering to various interests and fitness goals. A standout program is \*\*Picklefit\*\*, designed specifically for pickleball enthusiasts. This class is known for its focus on agility, stretching, and core work, which is essential for improving performance on the court. Participants appreciate the dynamic nature of the classes, as each session provides new challenges and learning opportunities. Coach Alysa Horn, along with her experienced team, plays a crucial role in the success of The Sweat Lab. Their approach to coaching emphasizes proper technique and form while fostering a positive and motivating atmosphere. As one satisfied client shared, "The coaching and programming are exceptional. Each workout builds functional fitness through flexibility, strength training, and conditioning."

## **Community Engagement and Support**

What sets The Sweat Lab apart is its strong sense of community. Families often participate together, creating bonds while improving their health. Kids' programs, including basketball and strength sessions, have received high praise from parents who see their children thriving. One parent noted, "My kids just finished participating in the 3v3 tournament, and it is the 3rd one they have attended! They had a blast and are already looking forward to the next one."

## **Modern Amenities and Connectivity**

In addition to its fantastic coaching, The Sweat Lab understands the importance of modern conveniences. Visitors can enjoy complimentary \*\*Wi-Fi\*\* throughout the facility, allowing them to stay connected during their workouts or catch up on emails before or after their sessions. The welcoming atmosphere, coupled with high-quality amenities, creates an environment where everyone feels encouraged to push their limits. Whether you're a seasoned athlete or just starting your fitness journey, you will find something at The Sweat Lab that inspires and motivates you.

## **Final Thoughts**

With its emphasis on \*\*accessibility\*\*, excellent coaches, and a community-focused environment, The Sweat Lab in Anchorage, Alaska, is more than just a gym. It's a place where individuals of all backgrounds come together to improve their health and well-being. If you're looking for an inviting space to enhance your fitness journey, The Sweat Lab is the perfect choice. Make the

move today and experience the transformation for yourself!

**We are established at**

300 E 76th Ave, 99518 Anchorage, Alaska - United States (US)

**Visit us during the following hours:**

Day Hours

Monday

Closed

Tuesday

Closed

Wednesday

8?AM–7:30?PM

Thursday

8?AM–7:30?PM

Friday

8?AM–7:30?PM

Saturday

8?AM–7:30?PM

Sunday

8?AM–12:30?PM

The website is [The Sweat Lab \(Make Yourself\)](#)

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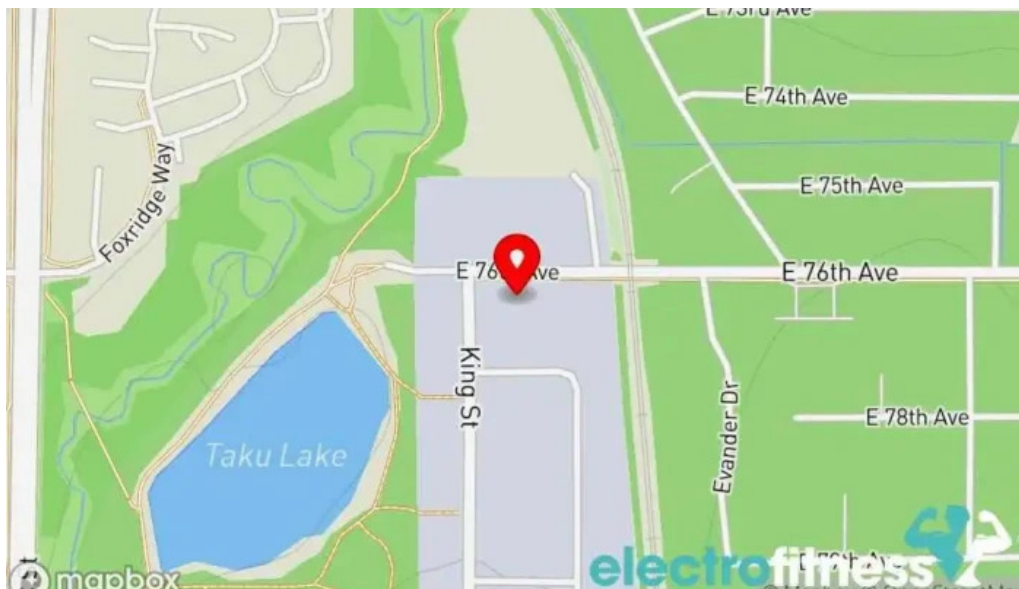
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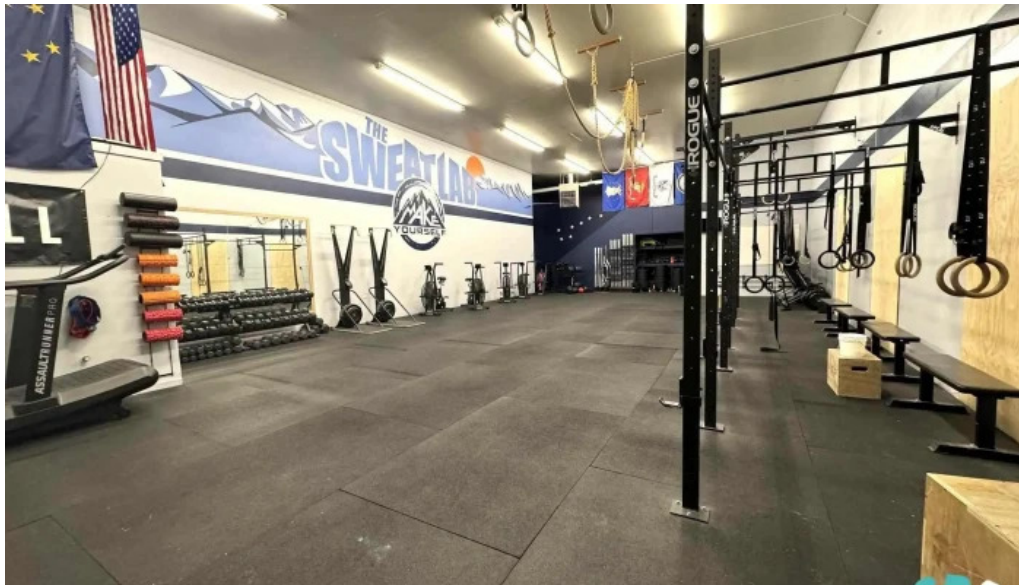
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## Tags

*Wheelchair-accessible car park, Wi-Fi, Parking, Toilet, Accessibility, Gender-neutral toilets, Free parking lot, Amenities, Wheelchair-accessible entrance*

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after school program
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association / organization
athletic club
auditorium
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basketball club
basketball court
batting cage center
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boot camp
boxing club
boxing gym
boxing ring
buddhist temple
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children's party service

chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club

gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot

parkour spot
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public library
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recreation center
rehabilitation center
resort hotel
restaurant
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
taekwondo school
tanning salon
tennis club
thrift store
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vitamin & supplements store
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weight loss service
weightlifting area
wellness center
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women's personal trainer
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