

## Fitness Ankeny 24-7 - Ankeny

ankeny

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## *Fitness Ankeny 24-7 - Ankeny*

### Welcome to Fitness Ankeny 24-7

If you're seeking a holistic approach to fitness in Ankeny, Iowa, look no further than **\*\*Fitness Ankeny 24-7\*\***. This women-owned gym provides exceptional amenities and services, making it an ideal spot for all fitness enthusiasts.

### Amenities That Enhance Your Workout Experience

At Fitness Ankeny 24-7, you'll find a wide array of amenities designed to make your experience enjoyable and effective. The facility features: - **\*\*Sauna\*\***: Unwind after a vigorous workout. The sauna helps improve circulation and

offers relaxation benefits. - **\*\*Wi-Fi\*\***: Stay connected while you work out. Whether you want to stream online classes or listen to music, we've got you covered. - **\*\*Childcare Facilities\*\***: Enjoy peace of mind knowing your children are cared for in a safe space while you focus on your fitness journey. - **\*\*Wheelchair-Accessible Entrance and Car Park\*\***: Accessibility is a priority here, ensuring everyone can take part in health and wellness.

## **Personal Training and On-Site Services**

Personal training at Fitness Ankeny 24-7 is tailored to meet each member's unique needs. Trainers like **\*\*John O\*\*** and **\*\*Tyler Schmidt\*\*** come highly recommended by clients, lauded for their knowledge and ability to motivate. Clients have praised John for his personalized approach: > “John takes the time to understand my goals and limitations. Every session is challenging yet enjoyable.” This commitment to individualized care has made many feel more confident in their fitness abilities.

## **Online and Outdoor Classes**

Fitness Ankeny 24-7 also understands the importance of flexibility. Offering **\*\*online classes\*\***, members can participate from the comfort of their homes whenever they desire. Additionally, outdoor services are available, providing a refreshing change of scenery for workouts.

## **Community and Support**

The supportive environment at Fitness Ankeny 24-7 is often highlighted by its members. Friendly staff members greet you with warmth, contributing to a welcoming atmosphere. Reviews consistently reflect satisfaction with the cleanliness and maintenance of the facility: > “The gym is always clean and organized, making it a pleasant place to work out,” one member noted.

## **Membership Details**

While a membership is required to access all these fantastic amenities and services, the value you receive is worth the investment. With different membership options available, there's something for everyone.

## **Conclusion**

Whether you're looking to break into a new routine, get fit, or simply find a community that supports your health journey, **\*\*Fitness Ankeny 24-7\*\*** should be on your radar. Discover your potential in a facility that prioritizes not just fitness, but also overall wellness and accessibility. Don't wait; begin your fitness journey today!

**You can reach us at**

2305 N Ankeny Blvd, 50023 Ankeny, Iowa - United States (US)

The contact line of said **Gym** is +1515-964-0170

And if you want to send a WhatsApp, you can do so at +1515-964-0170

## **We are open during the following hours:**

Day Hours  
Monday

*7?AM–5?PM*

Tuesday

*8?AM–5?PM*

Wednesday

*4:30?AM–10?PM*

Thursday

*4:30?AM–10?PM*

Friday

*4:30?AM–10?PM*

Saturday

*4:30?AM–10?PM*

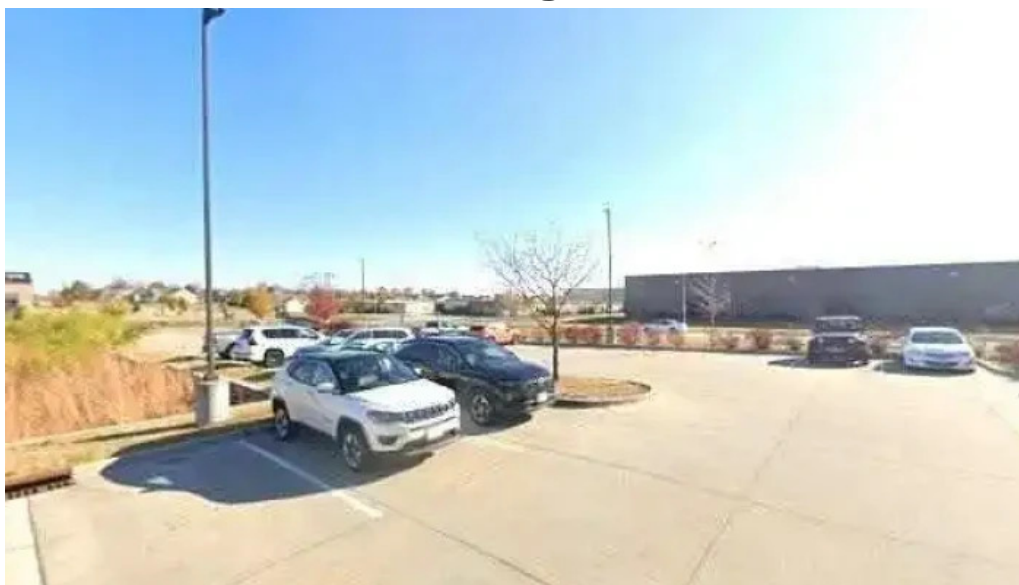
Sunday

*4:30?AM–8?PM*

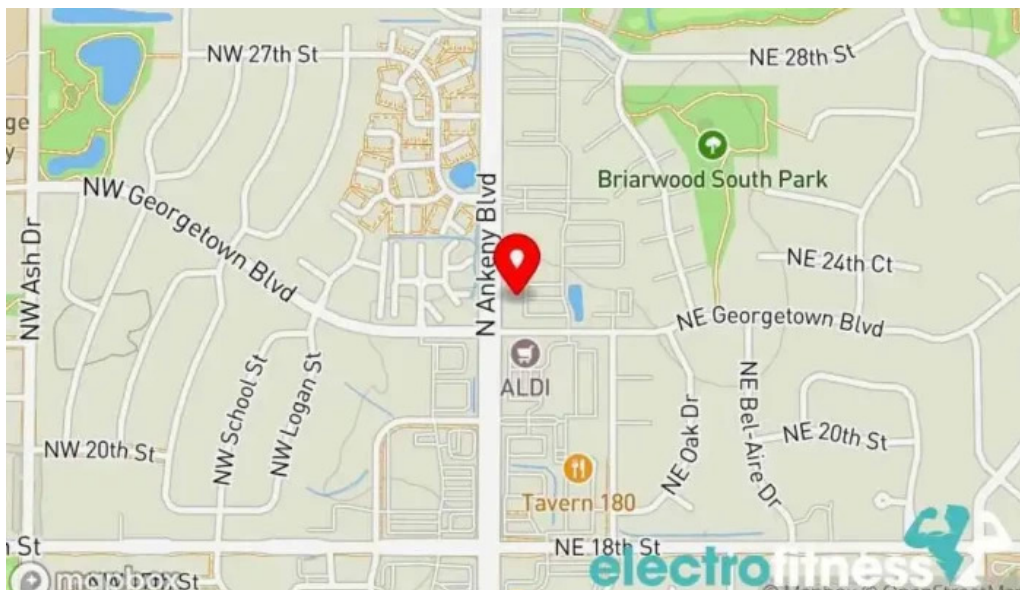
The website is Fitness Ankeny 24-7

If you require to change any data that you feel is not correct about this page, please send us a message so that we will correct it promptly. Thank you in advance thank you very much.

## **Images**



*Fitness ankeny 24 7 street view 360deg*



*Fitness ankeny 24 7 map*



*Fitness ankeny 24 7 gym*





*Fitness ankeny 24 7 exercise machine*



*Fitness ankeny 24 7 by owner*



*Fitness ankeny 24 7 ankeny*



*Fitness ankeny 24 7 all*

## Tags

*Wi-Fi, Wheelchair-accessible entrance, Planning, Offerings, Accessibility, Service options, From the business, Membership required, Sauna, Identifies as women-owned, Online classes, Wheelchair-accessible car park, Outdoor services, On-site services, Amenities*

## Related content

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**5.0 \*** *Purdue University Fort Wayne Outdoor Gym - Fort Wayne*

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**4.0 \*** *Bowling Green Parks and Rec Outdoor Fitness Zone - Bowling Green*

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<b>4.1 *</b>	<i>Outdoor gym - Closter</i>
<b>5.0 *</b>	<i>Wheelzup Adventures - Cumberland</i>
<b>4.5 *</b>	<i>Strive Fitness for Women - Meridian</i>
<b>5.0 *</b>	<i>Vita Course - Outdoor Gym - Centennial</i>
<b>4.1 *</b>	<i>Alaska Fitness - Anchorage</i>
<b>4.8 *</b>	<i>Outdoor pull up bars - Allouez</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club

boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community college
community health centre
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
equestrian facility
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer



foot care
fountain
gated community
general hospital
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
hypnotherapy service
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
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
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
shoe store
shooting range
shopping mall
soccer club
social club

software company
spa
spa and health club
specialized clinic
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
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swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
truck stop
university
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization