

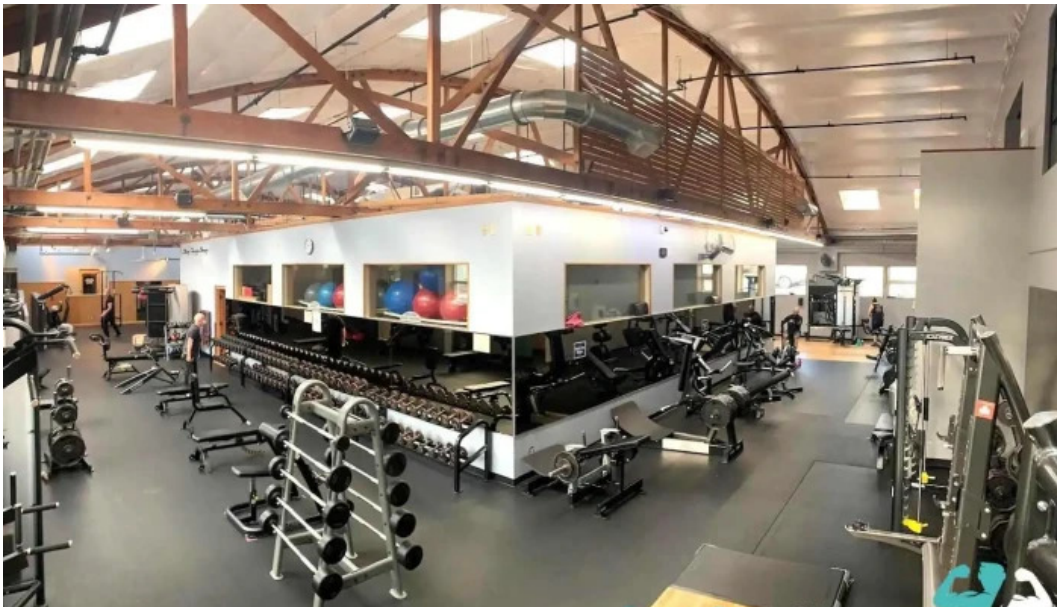
## Island Fitness - Bainbridge Island

bainbridge island

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*bainbridge island*

## *Island Fitness - Bainbridge Island*

### **Island Fitness: A Community Gem on Bainbridge Island**

Located in the heart of Bainbridge Island, **\*\*Island Fitness\*\*** stands out as not just any gym but a community hub dedicated to promoting health and wellness for all. With an unwavering commitment to inclusivity, this gym is **\*\*LGBTQ+ friendly\*\***, ensuring that everyone feels welcome and valued. Its reputation as a **\*\*transgender safe space\*\*** underscores its dedication to providing a supportive environment for individuals of all gender identities.

### **Accessibility and Amenities**

Island Fitness boasts a **wheelchair-accessible entrance** and **car park**, making it easy for everyone to access its facilities. The gym's design focuses on **accessibility**, ensuring that all members can enjoy the amenities it offers. From state-of-the-art equipment to clean and spacious locker rooms complete with a **sauna**, Island Fitness prioritizes member comfort and convenience. Additional **amenities** include high-speed **Wi-Fi**, which enhances the experience for those attending **online classes** or looking to connect while working out. Members have shared their appreciation for the extensive range of **on-site services**, including personal training and massage therapy, making it a comprehensive fitness destination.

## **A Welcoming Atmosphere**

Feedback from members consistently highlights the friendly and open atmosphere at Island Fitness. Many have noted the supportive staff who are always ready to lend a helping hand, whether it's providing guidance on equipment or offering encouragement during challenging workouts. One member shared, "The staff is endlessly kind and supportive," reinforcing the notion that Island Fitness is not just about sweating it out but also building community connections.

## **Diverse Class Offerings**

Island Fitness offers a variety of **fitness classes**, appealing to different interests and skill levels. From **Yoga** and **Zumba** to strength training and **Body Pump**, there's something for everyone. Members rave about their favorite instructors, who bring energy and expertise to every session. The inclusive nature of these classes means that individuals at any fitness level can find a welcoming spot to join in and get moving.

## **Member Experiences**

Many testimonials emphasize how Island Fitness provides a **crowd**-free environment, allowing members to work out without feeling rushed or cramped. One member mentioned how the gym never felt crowded, enhancing the overall workout experience. Additionally, the management has successfully transformed the space from an old bowling alley into a vibrant fitness center, much to the delight of long-term members. While some users expressed disappointment over membership requirements, the majority agree that the value of access to such a well-equipped facility, combined with numerous class options and personal training, justifies the cost. Several members highlighted how their time spent at Island Fitness has not only improved their physical health but also contributed positively to their mental well-being.

## **Conclusion**

In conclusion, Island Fitness on Bainbridge Island represents more than just a place to work out. It encapsulates a community spirit, fostering an environment

where everyone, regardless of background, can pursue their fitness goals safely and comfortably. With accessible amenities, a diverse range of classes, and a commitment to inclusivity, it's no surprise that Island Fitness continues to be a beloved local gem. If you're looking to join a supportive fitness family, consider becoming a member of Island Fitness today!

**The address of our establishment is**

190 Madison Ave N, 98110 Bainbridge Island, Washington - United States (US)

The contact phone of the respective **Gym** is +1206-842-5720

And if you want to send a WhatsApp, you can do so at +1206-842-5720

**Our public attention hours are:**

Day	Hours
Monday	7?AM–6?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–9?PM
Friday	5?AM–9?PM
Saturday	5?AM–9?PM
Sunday	7?AM–6?PM

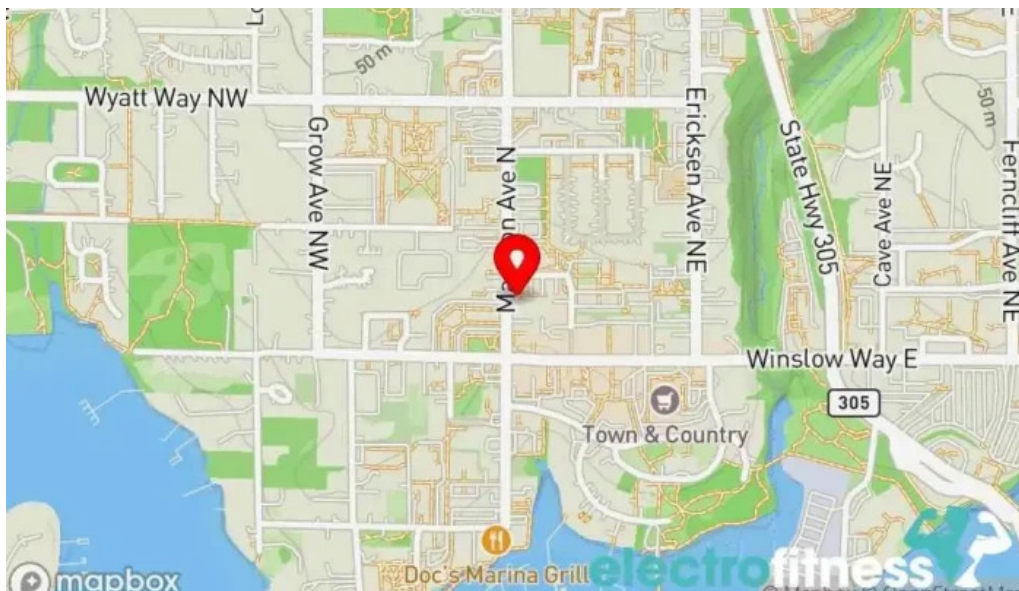
The website is Island Fitness

If you wish to update any element that you believe is not accurate about this portal, we ask send us a message so we can we will handle it at the earliest convenience. In advance thanks for your cooperation.

## Images



*Island fitness street view 360deg*



*Island fitness map*

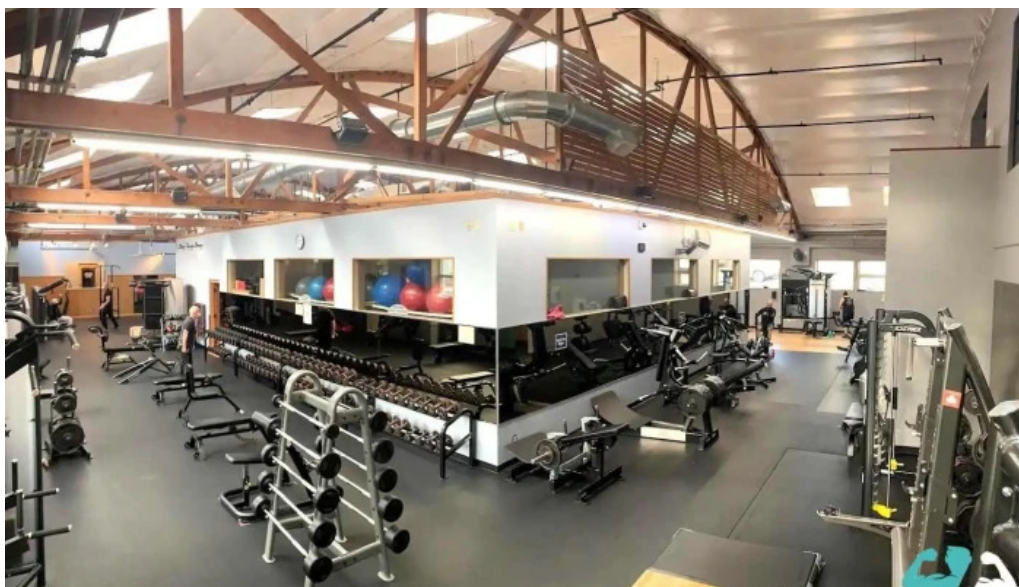




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## Tags

*Transgender safe space, Wi-Fi, Wheelchair-accessible car park, On-site services, Membership required, Accessibility, Wheelchair-accessible entrance, Sauna, Service options, LGBTQ+ friendly, Online classes, Crowd, Amenities, Planning*

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<b>5.0 *</b>	<i>Jazzercise - Grand Island</i>
<b>4.1 *</b>	<i>Island Gym - Chincoteague</i>
<b>4.5 *</b>	<i>Planet Fitness - Grand Island</i>
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<b>5.0 *</b>	<i>Maxed Out - Sports Performance &amp; Fitness Studio - Grand Island</i>
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boxing ring
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golf course
golf instructor
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gym
gymnasium school
gymnastics center
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa



massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
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 school
tennis club
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weightlifting area
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