

Impact Fitness Center - Biddeford

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Impact Fitness Center - Biddeford

Welcome to Impact Fitness Center in Biddeford, Maine

Impact Fitness Center has rapidly become a beloved gem in Biddeford, Maine, providing an exceptional fitness experience that caters to everyone from beginners to seasoned athletes. This vibrant gym, located within the historic Lincoln Hotel, boasts a warm atmosphere and a passionate community dedicated to health and wellness.

Facilities and Equipment

Impact Fitness Center is truly a ****bodybuilder's haven****, with an extensive

variety of equipment that includes everything from heavy weights to cardio machines. Patrons rave about having access to all the essential tools for strength training, including multiple squat racks, cable machines, and even specialized leg equipment like the hard-to-find cable squat machine.

Accessibility Matters

For those who prioritize accessibility, Impact Fitness is committed to providing a welcoming environment. The gym features a ****wheelchair-accessible entrance**** and offers a ****wheelchair-accessible car park****, ensuring that everyone can access its facilities easily.

A Clean and Inviting Environment

Cleanliness is a top priority at Impact Fitness. Members consistently note how well-kept and organized the space is, contributing to a motivating workout atmosphere. The gym often receives accolades for its fresh smell and pristine locker rooms, essential factors for a pleasant exercise experience.

Community and Culture

The community feeling at Impact Fitness is one of its strongest attributes. The owner, Scott, is known for his friendliness, often greeting members by name as they enter. This fosters an inclusive atmosphere where individuals of all ages and skill levels feel comfortable. Members appreciate that the culture is focused on health and progress without any judgment or stigma.

Amenities to Enhance Your Experience

In addition to state-of-the-art equipment, Impact Fitness offers several amenities that enhance the overall experience. After a vigorous workout, members can enjoy quality protein options at the smoothie bar, fueling their post-exercise recovery.

Membership Information

While a ****membership is required**** to access the full benefits of Impact Fitness Center, the value it provides is unmatched. Many patrons find that the investment in their health and fitness is well worth it, especially given the high-quality service and equipment available.

Final Thoughts

Overall, Impact Fitness Center is more than just a gym; it's a community hub for fitness enthusiasts. Whether you're visiting for a week or planning to make it your home gym, the friendly staff, extensive equipment offerings, and clean environment make it a top choice in Biddeford, Maine. With planning and dedication, joining this fitness family could be the best decision you make for your health journey!

Our address is

17 Lincoln St STE 016, 04005 Biddeford, Maine - United States (US)

The phone number of the respective **Gym** is +1207-815-5900

And if you want to send a WhatsApp, you can do so at +1207-815-5900

We look forward to seeing you at:

Day Hours

Monday

4:30?AM–9?PM

Tuesday

6:30?AM–5?PM

Wednesday

6:30?AM–5?PM

Thursday

4:30?AM–9?PM

Friday

4:30?AM–9?PM

Saturday

4:30?AM–9?PM

Sunday

4:30?AM–9?PM

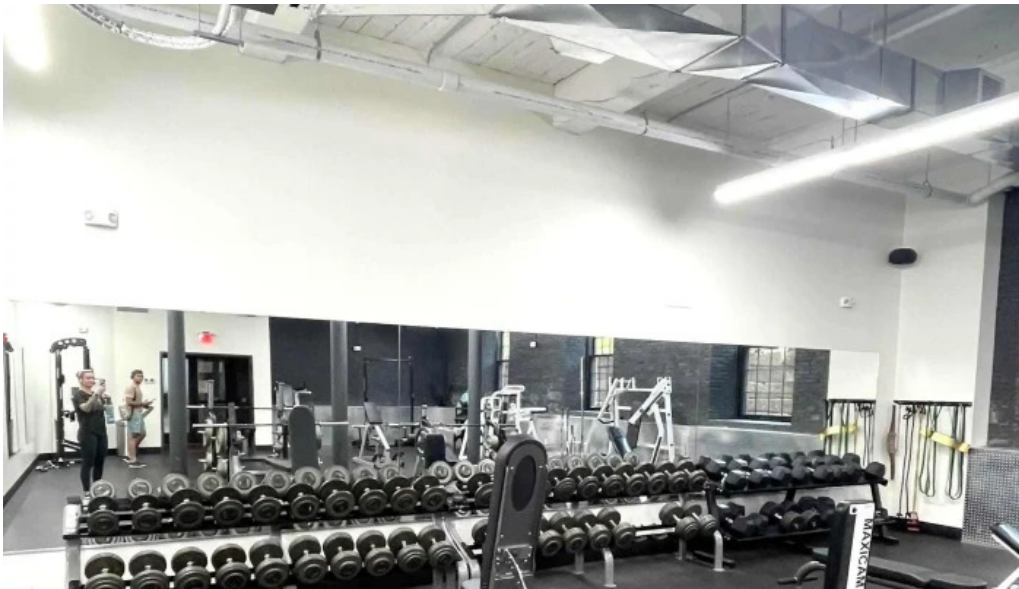
The website is Impact Fitness Center

In case you want to update any information that you believe is not precise related to this web, we urge you to deliver a message so we can we will correct it promptly. Thanks beforehand thanks.

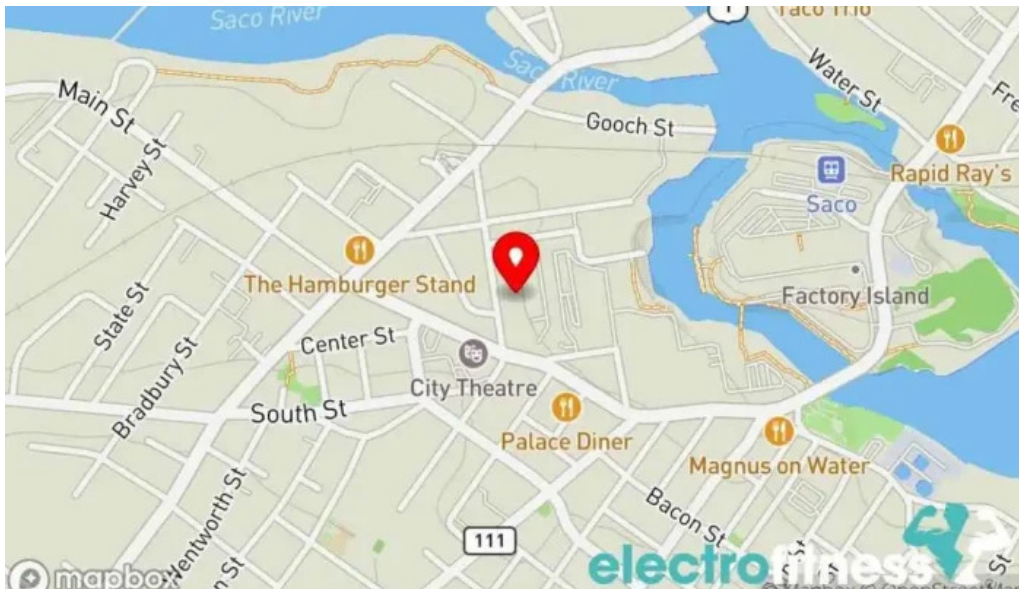
Images



Impact fitness center reviews



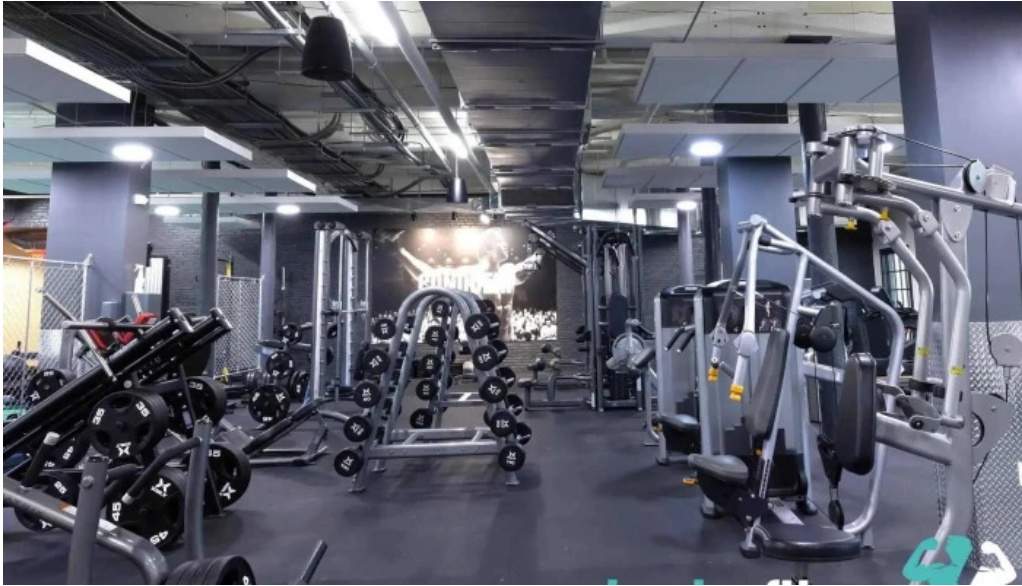
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Impact fitness center map



Impact fitness center gym



Impact fitness center by owner



Impact fitness center biddeford



Impact fitness center area



Impact fitness center all



Impact fitness center address

Tags

Membership required, Planning, Wheelchair-accessible entrance, Wi-Fi, Amenities, Accessibility, Wheelchair-accessible car park

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hiking area
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martial arts club

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nutritionist
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pharmacy
physical fitness program
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pickleball court
pilates studio
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rehabilitation center
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school district office
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spa and health club
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