

Idaho Fitness Factory Overland - Boise

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Idaho Fitness Factory Overland: The Ideal Gym for Everyone

Idaho Fitness Factory (IFF) Overland, located in Boise, Idaho, has quickly become a favorite among gym enthusiasts. This article explores the accessibility, planning, and amenities that make IFF a standout choice for fitness lovers.

Accessibility Features

One of the key aspects of Idaho Fitness Factory Overland is its commitment to accessibility. With a ****wheelchair-accessible entrance**** and a

****wheelchair-accessible car park****, it ensures that all members can enjoy their workout experience without any barriers. This attention to inclusivity is especially important for those who may have mobility challenges.

Planning Your Visit

Being open 24/7, IFF Overland accommodates all schedules, allowing members to plan their workouts at their convenience. Whether you're an early riser or a night owl, this gym provides flexibility that is hard to beat. However, it's worth noting that peak hours can get quite busy, which might require some patience for those who prefer quieter times for their workouts.

Amenities That Enhance Your Experience

When it comes to amenities, IFF Overland does not disappoint. Members can take advantage of a sauna located within the bathroom facilities, providing a relaxing post-workout option. Many patrons have expressed their appreciation for the ****cleanliness and organization**** of the facility, making it a pleasant environment to exercise in. The gym features a variety of equipment, including both free weights and machines. While some users noted that the selection might feel limited for advanced lifters, it is more than adequate for beginners. The addition of ****tanning beds**** and ****red light therapy**** has also been well received, adding further value to the membership.

Membership Options

A ****membership is required**** to access IFF Overland, with rates starting at an affordable \$20, making it one of the best deals in the valley. However, some members have suggested that greater access to amenities like the sauna might enhance the overall value of the basic membership.

Community Atmosphere

The sense of community at IFF Overland is palpable. Many customers have applauded the friendly staff and the general atmosphere of the gym. Most patrons are described as ****cool and supportive****, making it an inviting place for both newbies and seasoned gym-goers. While music selection has been criticized by some as being reminiscent of elevator tunes, most agree that the ambiance fosters a conducive workout environment.

Final Thoughts

Overall, Idaho Fitness Factory Overland is a fantastic gym that offers excellent accessibility features, a variety of amenities, and a welcoming atmosphere for all fitness levels. If you're in Boise, Idaho, and looking for a clean, organized, and well-equipped gym, IFF Overland may just be the perfect fit for you.

Our address is

10362 W Overland Rd, 83709 Boise, Idaho - United States (US)

The phone number of the respective **Gym** is +1208-297-7949
And if you want to send a WhatsApp, you can do so at +1208-297-7949

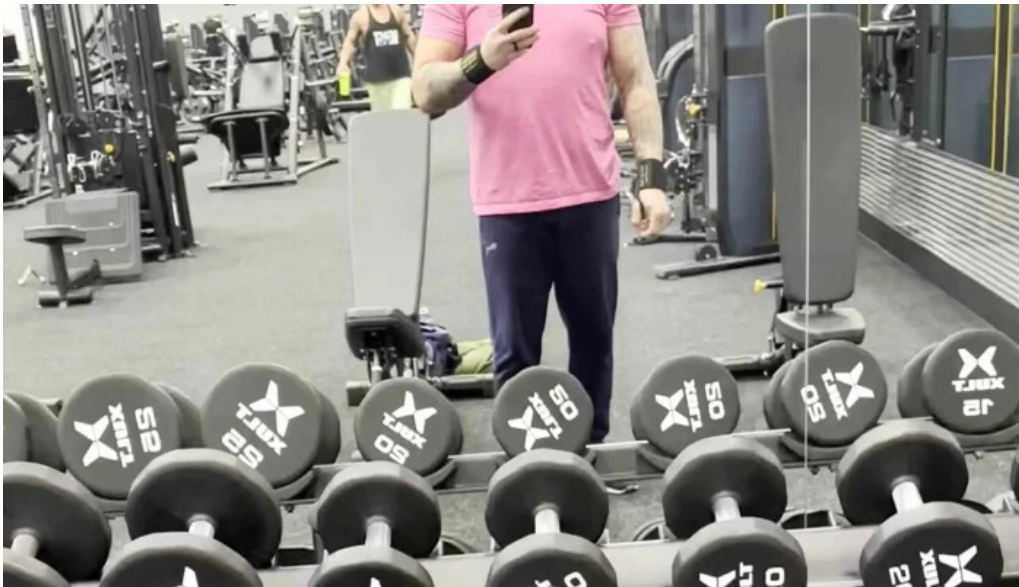
We open at the following schedule:

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Open 24 hours
- Tuesday
Open 24 hours
- Wednesday
Open 24 hours
- Thursday
Open 24 hours
- Friday
Open 24 hours
- Saturday
Open 24 hours
- Sunday
Open 24 hours

The website is Idaho Fitness Factory Overland

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Images



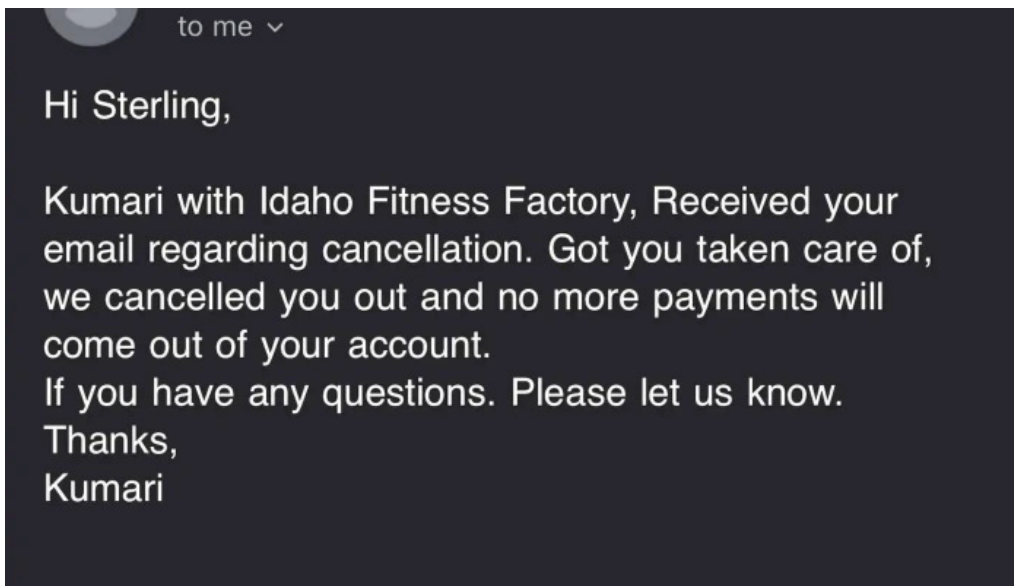
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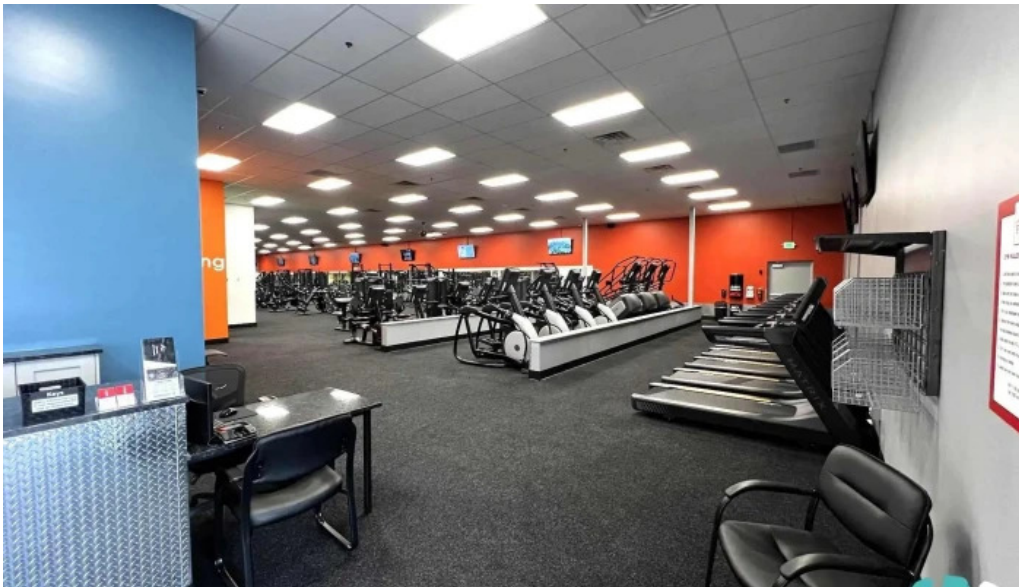
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Tags

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

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