

Coastal Performance Training Facility - Brunswick

brunswick

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Coastal Performance Training Facility - Brunswick

Discover Coastal Performance Training Facility: A Unique Gym Experience in Brunswick, Maine

Coastal Performance Training Facility stands out as a premier destination for fitness enthusiasts in Brunswick, Maine. With a range of ****on-site services****, this facility offers more than just a place to work out; it fosters a community where individuals of all ages and abilities can thrive.

Accessibility for All

One of the key features that make Coastal Performance so inviting is its commitment to ****accessibility****. The gym boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone, regardless of their physical capabilities, can enjoy a great workout experience. This inclusive environment has earned praise from many members, creating a sense of belonging that extends beyond typical gym conditions.

A Welcoming Community Atmosphere

Many members have shared their transformation stories, emphasizing how Coastal Performance isn't your typical gym. "What a breath of fresh air to be part of a gym environment that isn't solely focused on losing weight, looking a certain way, or showing off," one member remarked. With an environment filled with camaraderie, members feel greeted by name and supported by both trainers and fellow participants.

Tailored Training Programs

The facility offers small group strength training classes that cater to varying fitness levels and personal goals. New members frequently mention how they are welcomed into classes tailored specifically to them, eliminating the stress of figuring out what to do at the gym. "The workouts are never the same and can be tailored to the individual, making starting out a breeze," noted a satisfied attendee. The coaches are constantly educating themselves and are well-versed in modifying exercises based on injury history, ensuring safety and progress.

Online Classes for Convenience

In addition to on-site training, Coastal Performance recognizes the evolving needs of its clientele by offering ****online classes****. This flexibility allows members to participate in workouts that fit their schedules, making it easier for everyone to stay active, whether at home or at the facility.

Join the Coastal Performance Family

Whether you are looking to regain balance, improve strength, or simply find a supportive community, Coastal Performance Training Facility is the place for you. With dedicated staff who genuinely care about each individual's well-being, it's no wonder that many members have made this facility an integral part of their lives. From personalized coaching to diverse class offerings, Coastal Performance is ready to help you embark on your fitness journey. For those interested in exploring a unique and inclusive training experience, Coastal Performance Training Facility awaits you in Brunswick, Maine—where fitness meets community!

The premises are located at

14 Thomas Point Rd, 04011 Brunswick, Maine - United States (US)

The contact phone of said **Gym** is +1207-442-9393

And if you want to send a WhatsApp, you can do so at +1207-442-9393

Visit us during the following hours:

Day Hours

Monday

5?AM–9?PM

Tuesday

5?AM–9?PM

Wednesday

8?AM–9?PM

Thursday

8?AM–9?PM

Friday

5?AM–9?PM

Saturday

5?AM–9?PM

Sunday

5?AM–9?PM

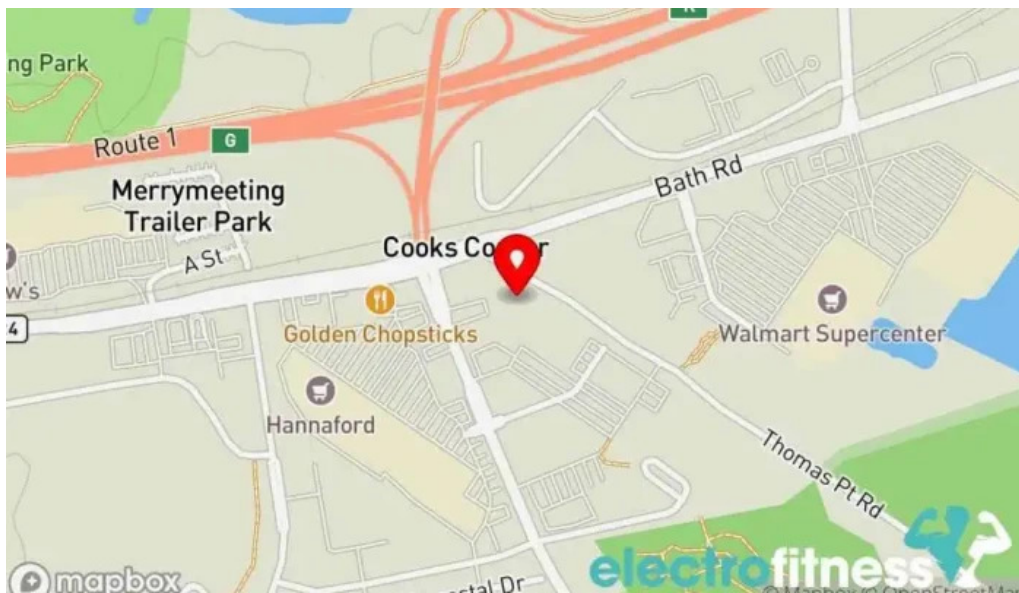
The website is Coastal Performance Training Facility

If you wish to adjust any data that you think is incorrect related to this page, we urge you to send us a message so that we will adjust it quickly. Thank you in advance thanks.

Images



Coastal performance training facility street view 360deg



Coastal performance training facility map



Coastal performance training facility gym



Coastal performance training facility by owner



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Tags

On-site services, Accessibility, Wheelchair-accessible car park, Online classes, Wheelchair-accessible entrance, Service options

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boxing gym
boxing ring

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golf instructor
grocery store
gun club
gym
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gymnastics center
gymnastics club
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indoor cycling
indoor golf course
indoor lodging
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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
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