

2g Sports & Fitness - Concord

concord

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2g Sports & Fitness - Concord

Discover 2G Sports & Fitness in Concord, CA

Located in the heart of Concord, CA, ****2G Sports & Fitness**** offers a variety of on-site services tailored to meet the needs of both kids and adults. With a strong focus on creating a welcoming environment, 2G ensures that everyone feels comfortable while pursuing their fitness goals.

Welcoming Environment for All Ages

Paul and Joseph have built an inclusive atmosphere that supports individuals looking to get stronger and healthier. The workouts are designed to engage

participants, making fitness not just effective but also enjoyable. Whether you're a beginner or an experienced athlete, 2G provides a supportive community that encourages everyone to thrive.

Comprehensive Training Options

At 2G Sports & Fitness, a variety of training programs are available, including specialized coaching for kids. Coach Paul is known for his patience and dedication, making him an ideal mentor for young athletes. Parents have seen significant improvements in their children's performance, especially in activities like football, thanks to the focused approach and personalized attention.

Accessible Fitness for Everyone

2G Sports & Fitness prioritizes accessibility, offering a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****. This commitment to inclusivity ensures that all members of the community can take advantage of their excellent fitness services.

Flexible Service Options

In addition to on-site services, 2G Sports & Fitness also provides ****outdoor services**** and ****online classes**** for those who prefer to work out from home or in open-air settings. These flexible service options cater to the diverse needs of their clientele, ensuring that everyone can pursue their fitness goals in a manner that suits them best.

Planning Your Visit

To make the most of your experience, appointments may be required for certain services. It is advisable to plan ahead and schedule your sessions to ensure you receive the full benefit of the resources available at 2G.

Join the 2G Family Today!

With great experiences and positive testimonials from past attendees, 2G Sports & Fitness stands out as a top choice for fitness training in Concord. Whether you're looking for off-season training or simply want to enhance your overall fitness, 2G has the programs and the coaches that truly care about your progress. Don't hesitate to give it a try and experience the fun and results for yourself!

We are found at

@ Oak Grove Plaza DWY, 2956 Treat Boulevard Ste C Turn in From, Treat Blvd, 94518 Concord, CA - United States (US)

The phone of the mentioned **Gym** is +1925-400-7852

And if you want to send a WhatsApp, you can do so at +1925-400-7852

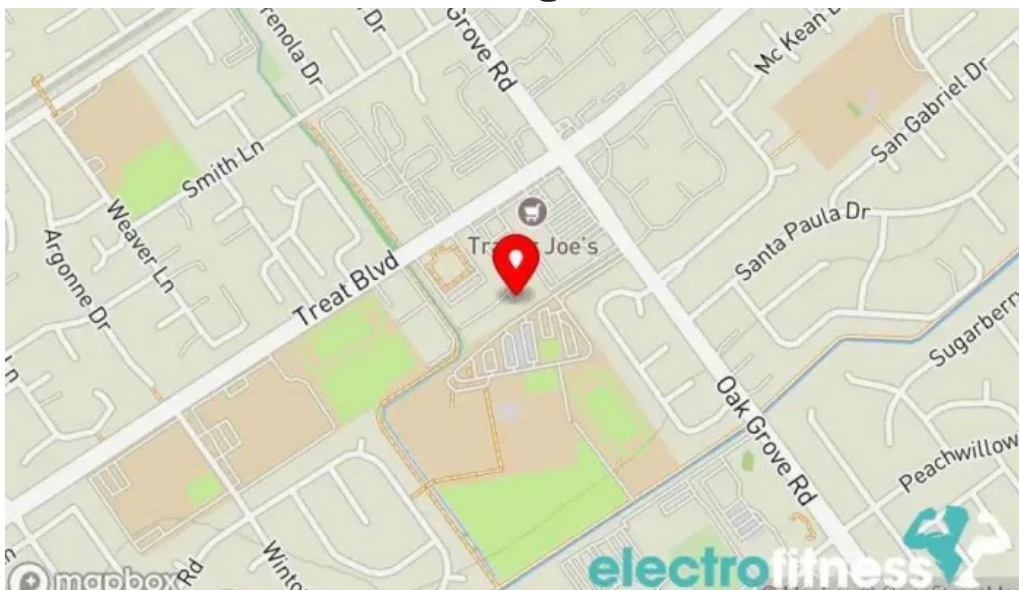
We are open during the following hours:

Day Hours
Monday
6?AM–8?PM
Tuesday
6?AM–4?PM
Wednesday
11:30?AM–7?PM
Thursday
9?AM–8?PM
Friday
6?AM–8?PM
Saturday
6?AM–8?PM
Sunday
6?AM–8?PM

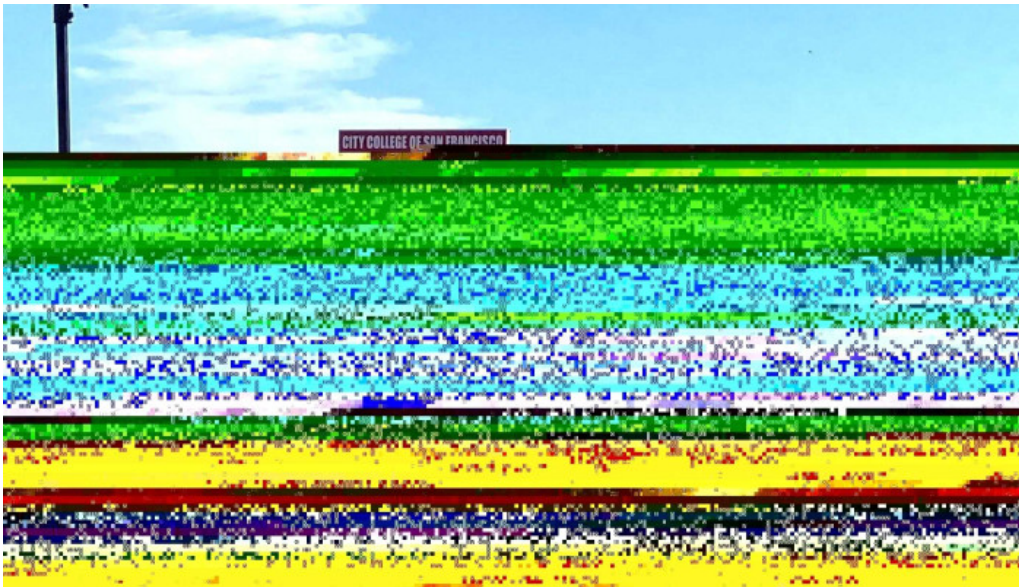
The website is [2G Sports & Fitness](#)

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Images



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2g sports fitness gym



2g sports fitness concord



2g sports fitness by owner



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Tags

Appointment required, Online classes, Service options, Outdoor services, Accessibility, Wheelchair-accessible car park, Planning, On-site services, Wheelchair-accessible entrance

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