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New York Sports Club - Dobbs Ferry

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New York Sports Club - Dobbs Ferry

Discover New York Sports Club in Dobbs Ferry

New York Sports Club (NYSC) in Dobbs Ferry, New York, stands out as a premier fitness destination that caters to a diverse range of needs. With its vibrant atmosphere and robust offerings, this club has become a favorite among both fitness enthusiasts and casual gym-goers.

Amenities and Accessibility

When it comes to **amenities**, NYSC Dobbs Ferry certainly does not disappoint. The club boasts a **swimming pool** that is well-maintained and

perfect for those looking to lap swim or take part in water aerobics. For basketball lovers, the former **basketball court** has been transformed to incorporate more strength training equipment, catering to the growing demand for weightlifting options. However, many members express their disappointment over the removal of the basketball space, highlighting its previous importance for community and camaraderie. The facility is designed with **accessibility** in mind, featuring **wheelchair-accessible seating**, entrances, and a dedicated **wheelchair-accessible car park**. This inclusive approach ensures that everyone, regardless of physical ability, can make the most of their time at the gym.

Sauna and On-Site Services

One of the notable features is the **sauna**, which provides an excellent way to unwind after a rigorous workout. While some members have reported inconsistencies with its availability, many appreciate the rejuvenating experience it offers. Additionally, the club has various **on-site services** including personal trainers who cater to individual fitness goals. Members particularly rave about specific trainers like Will and Jayson, known for their expertise and supportive coaching style.

An Inclusive Atmosphere

What sets NYSC apart is its welcoming environment. As a recognized **LGBTQ+ friendly** space, the club is described as a **transgender safe space**, fostering an inclusive atmosphere where everyone can feel comfortable and respected. Members appreciate the friendly staff and the sense of community that makes workouts more enjoyable.

Crowd and Membership Dynamics

The **crowd** at NYSC can vary throughout the day. During peak hours, members often note the high traffic in specific areas, particularly around cardio machines. While some find it challenging to access equipment during busy times, others appreciate the energy and camaraderie that come from working out alongside others. Membership is required to access the club's extensive facilities, and many members feel that the value justifies the cost, especially with the array of classes available. However, feedback on membership pricing reveals mixed feelings; while many find it reasonable for the quality of service and amenities, others feel that recent price increases do not align with perceived improvements.

Planning Your Visit

Whether you're looking to dive into group fitness classes or prefer solo workouts, planning your visit around class schedules and peak hours can enhance your experience. Classes are led by engaging instructors that members frequently praise for their motivation and knowledge, turning each

session into a rewarding journey. In summary, New York Sports Club in Dobbs Ferry offers a wealth of amenities, an inclusive atmosphere, and responsive customer service, making it an excellent choice for your fitness journey. From the **cleanliness** of the facilities to the skilled staff ready to assist you, it's a place where you can truly thrive in your health and wellness goals.

You will find us at

50 Hamilton St, 10522 Dobbs Ferry, New York - United States (US)

The phone number of said **Gym** is <u>+1914-478-0944</u>
And if you want to send a WhatsApp, you can do so at<u>+1914-478-0944</u>

Our service hours are:

Day Hours
Monday
7?AM-5?PM
Tuesday
5?AM-10?PM
Wednesday
5?AM-10?PM
Thursday
5?AM-10?PM
Eriday
5?AM-10?PM
Saturday
5?AM-9?PM
Sunday
7?AM-6?PM

The website is New York Sports Club

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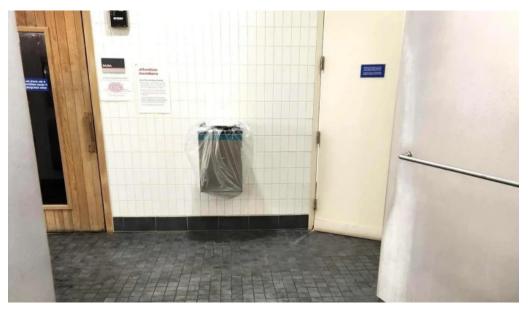
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Tags

Crowd, Basketball court, Service options, Membership required, Wheelchair-accessible seating, Offerings, Wheelchair-accessible entrance, Shower, Sauna, Atmosphere, On-site services, Accessibility, Planning, Transgender safe space, Swimming pool, Toilet, Wheelchair-accessible car park, LGBTQ+ friendly, Amenities

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