

## CrossFit 916 Gym - Elk Grove

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## CrossFit 916 Gym - Elk Grove

### Discovering CrossFit 916: A Unique Fitness Community in Elk Grove, California

CrossFit 916 is not just a gym; it's a thriving community that caters to fitness enthusiasts of all levels. Located in Elk Grove, California, this **\*\*veteran-owned\*\*** establishment has garnered a reputation for its welcoming atmosphere and commitment to inclusivity.

### A Welcoming Environment for All

One of the standout features of CrossFit 916 is its dedication to

**\*\*accessibility\*\***. The facility boasts a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, ensuring that everyone can participate in the fitness journey without barriers. Comments from members highlight how the gym is a **\*\*transgender safe space\*\***, making it an ideal environment for individuals from the **\*\*LGBTQ+ community\*\***.

### **Structured Classes with Supportive Coaching**

The coaching staff at CrossFit 916 are known for their exceptional ability to guide members through tailored classes. According to a recent member, it feels like **\*\*having a personal trainer\*\*** for every session. With structured classes and knowledgeable coaches, newcomers often find themselves quickly acclimating to the workout intensity. Reviews emphasize the supportive environment, noting how members encourage each other, turning workouts into a camaraderie-building experience.

### **A Diverse and Engaging Community**

The sense of community at CrossFit 916 is palpable. Members report feeling welcomed from the moment they step through the doors. One visitor noted, "People went out of their way to talk to us and make us feel like we were at home." This underscores the gym's philosophy of fostering a friendly and inclusive atmosphere. The gym attracts a diverse crowd, creating a unique environment where members can engage with individuals of various fitness levels, ages, and backgrounds. Whether you're a beginner or a seasoned athlete, CrossFit 916 offers a place where everyone can thrive together.

### **Exceptional Facilities and Programming**

CrossFit 916 features a spacious layout equipped with state-of-the-art equipment, ensuring that members have everything they need for a robust workout. The programming is regularly updated, with daily workouts catering to all fitness levels. Members appreciate the variety in training, helping them stay engaged and challenged throughout their fitness journey. With dedicated spaces for strength training and conditioning, CrossFit 916 has something for everyone. A local member pointed out, "The gym space is really great, tons of equipment and rig space..."

### **Join the CrossFit 916 Family**

If you're in Elk Grove, California, looking for a gym filled with positive energy and genuine support, look no further than CrossFit 916. This gym not only focuses on physical fitness but also promotes a lifestyle of encouragement and friendship. From its **\*\*LGBTQ+ friendly\*\*** vibe to its focus on accessibility, CrossFit 916 stands out as a beacon of community spirit and inclusivity. Visit CrossFit 916 today to become part of a fitness family that will inspire you to be the best version of yourself.

## **We are based in**

9163 Union Park Way, 95624 Elk Grove, California - United States (US)

## **You can visit us at the following hours:**

Day Hours  
Monday

8–10?AM

Tuesday

Closed

Wednesday

5:15–7:30?AM 8:30–9:30?AM 3:30–7?PM

Thursday

5:15–7:30?AM 8:30–9:30?AM 3:30–7?PM

Friday

5:15–7:30?AM 8:30–9:30?AM 3:30–7?PM

Saturday

5:15–7:30?AM 8:30–9:30?AM 3:30–7:30?PM

Sunday

5:15–7:30?AM 8:30–9:30?AM 3:30–7:30?PM

The website is [CrossFit 916 Gym](#)

If you require to modify any data that you consider is not accurate regarding this site, please send a message and we will adjust it at the earliest convenience. Thank you in advance thanks.

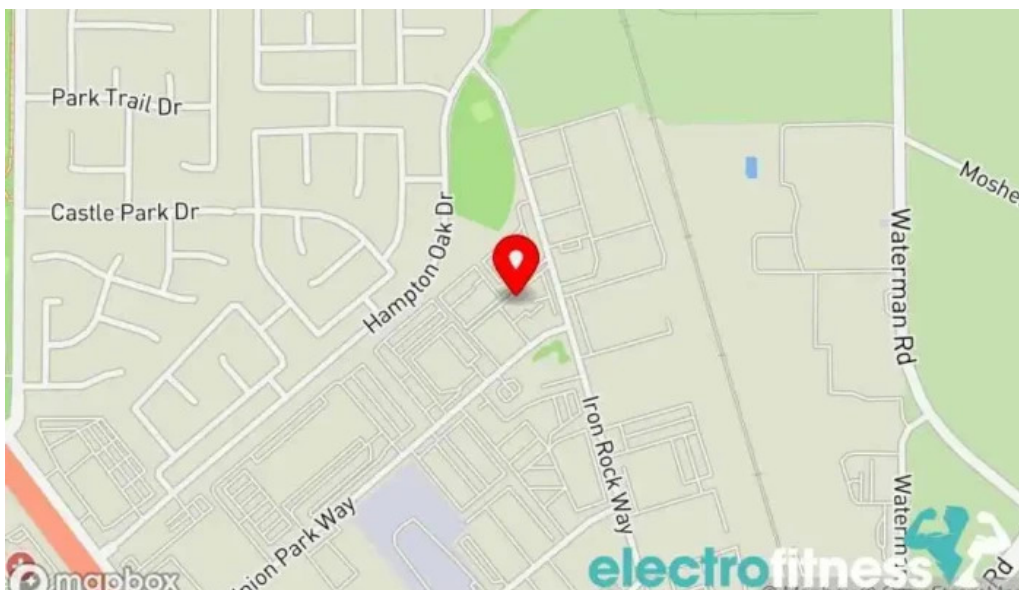
## **Images**



## Crossfit 916 gym videos



## Crossfit 916 gym prices



## Crossfit 916 gym map





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## Tags

*Wheelchair-accessible entrance, From the business, Crowd, Wheelchair-accessible car park, LGBTQ+ friendly, Transgender safe space, Accessibility, Identifies as veteran-owned*

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exercise equipment store
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kinesiotherapist
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martial arts school
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massage therapist
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medical group
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metaphysical supply store
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outdoor sports store
outdoor swimming pool
pain control clinic
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parking lot
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physical therapist
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swimming pool
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