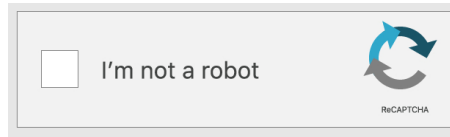


The Westchester Gym - Elmsford

elmsford



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https://www.electrofitness.com/gym/elmsford/the-westchester-gym-elmsford_311916.php

Thank you for taking the time to share your feedback. We acknowledge the recent challenges with our HVAC units and sincerely apologize for any discomfort caused. We're continuously working to ensure a comfortable environment for all our members. Regarding the changes in temperature

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The Westchester Gym: An Overview

Located in Elmsford, New York, The Westchester Gym is a community-centered fitness facility that prides itself on being ****LGBTQ+ friendly**** and welcoming to all demographics. With a focus on inclusivity, the gym aims to provide a comfortable environment for everyone.

Amenities and Offerings

The Westchester Gym boasts a range of ****amenities**** designed to cater to various fitness needs. Members have access to: - ****Basketball and Volleyball**

Courts**: Ideal for those who enjoy team sports. - **Online Classes**: A convenient option for members who prefer working out from home. - **Sauna**: Perfect for relaxation post-workout. - **Wheelchair-accessible Features**: Including a **wheelchair-accessible entrance** and **toilet**, enhancing accessibility for all members. - **Free Parking**: A **free multi-storey car park** ensures ample space for visitors, including a **wheelchair-accessible car park**.

Community Vibe and Crowd

Many members highlight the **friendly atmosphere** at The Westchester Gym, which feels more like a family than a typical corporate gym. The support for individual **fitness goals** is evident, with instructors like Matt recognized for their motivational guidance. Various programs for kids, such as Ninja Warrior classes and birthday parties, contribute to this sense of community.

Service Options and On-Site Services

Despite mixed reviews regarding management and maintenance, the staff's attentiveness stands out. While some members express concerns about equipment upkeep and cleanliness, others appreciate the attentiveness of trainers and the supportive environment fostered by staff interactions.

Room for Improvement

While the gym offers numerous benefits, there are areas that require attention. Issues such as outdated equipment, slow repair cycles, and inadequate lighting in specific areas like the basketball gym have been raised by members. Management is urged to prioritize these improvements to enhance the overall experience.

Final Thoughts

Overall, The Westchester Gym provides a solid fitness experience with well-rounded amenities and a welcoming atmosphere. Although it faces challenges, the commitment to inclusivity, accessibility, and community support makes it a recommended choice for both new and seasoned fitness enthusiasts. If you're searching for a place to pursue your fitness journey while feeling respected and supported, The Westchester Gym might just be the perfect fit.

We are based in

150 Clearbrook Rd Ste 188, 10523 Elmsford, New York - United States (US)

The phone number of said **Gym** is +1914-909-9444

And if you want to send a WhatsApp, you can do so at +1914-909-9444

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

Friday

5?AM–10?PM

Saturday

5?AM–10?PM

Sunday

7?AM–5?PM

The website is [The Westchester Gym](#)

If you wish to modify any detail that you believe is not accurate regarding this site, we urge you to forward a message so we can we will correct it as soon as possible. With anticipation thanks.

Images



The westchester gym videos



The westchester gym street view 360deg



The westchester gym map



The westchester gym gym

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Tags

Volleyball court, Free multi-storey car park, Wheelchair-accessible car park, Offerings, Wheelchair-accessible toilet, Parking, LGBTQ+ friendly, Crowd, Amenities, Toilet, Wheelchair-accessible entrance, Online classes, On-site services, Accessibility, Service options, On-site parking, Basketball court, Free parking lot, Sauna

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auditorium
bar
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basketball court
batting cage center
body shaping class
boot camp
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boxing gym
boxing ring
cafe
children's party service
chiropractor
church

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convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
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disc golf course
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facial spa
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fitness equipment wholesaler
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golf club
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grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area

hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
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psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym

rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
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sports school
summer camp organizer
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swimming instructor
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yoga studio

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