

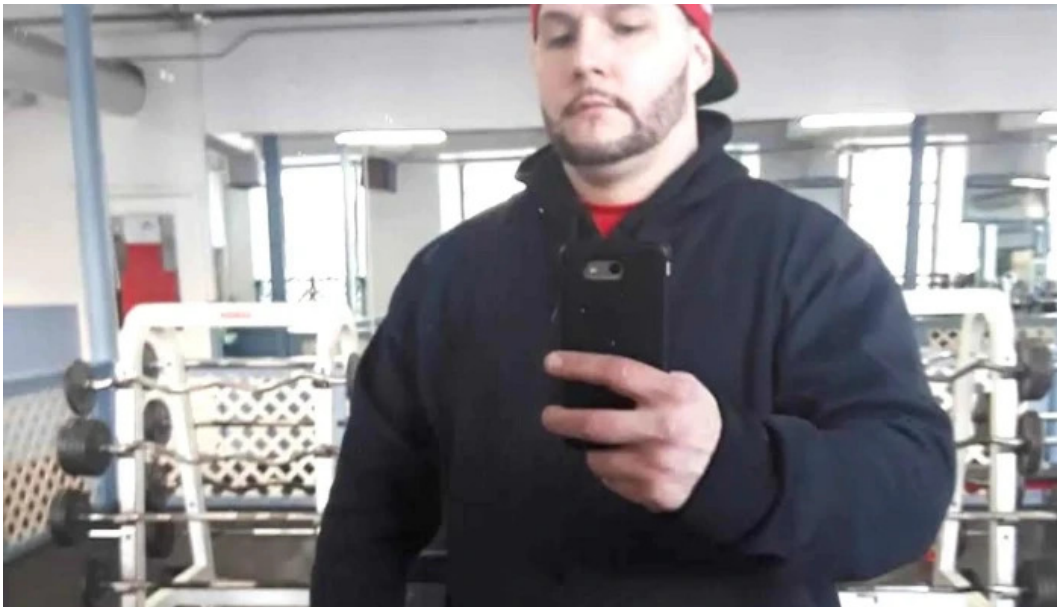
General Fitness - Fall River

fall river



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https://www.electrofitness.com/gym/fall-river/general-fitness-fall-river_186237.php



fall river

General Fitness - Fall River

Discover General Fitness in Fall River, Massachusetts

Located in a historic mill, **General Fitness** stands out as the premier gym for fitness enthusiasts in Fall River. This spacious facility has everything you need to achieve your health and wellness goals, boasting an extensive range of equipment and amenities that cater to all fitness levels.

Amenities That Elevate Your Workout

General Fitness offers a host of **amenities** designed to enhance your workout experience. From a variety of free weights and smith machines to an

expansive cardio area, members have access to top-tier equipment that is constantly updated. Feedback from patrons highlights a well-organized and clean environment, making it easy to stay focused during workouts. In addition to traditional gym equipment, General Fitness features a **sauna**, perfect for post-workout relaxation or muscle recovery. The **women's only section** offers a safe and comfortable space for female members, filled with weight options and cardio machines, ensuring everyone can work out in a setting that feels right for them.

Planning Your Fitness Journey

Whether you are just starting your fitness journey or looking to push your limits, **planning** your workouts at General Fitness can be effective. Members have praised the experienced staff, who are always available to assist with training tips and program ideas. Regulars enjoy the vibrant atmosphere, which motivates them to push through challenges while reaching their personal bests. Moreover, for those seeking nutritional guidance, trainers like Aires provide customized meal plans, taking the guesswork out of healthy eating. The supportive community at General Fitness encourages members to stay on track, fostering friendships and accountability that often lead to success.

Membership Options at General Fitness

To take advantage of everything General Fitness has to offer, a **membership is required**. With affordable pricing—many members find the value exceeds their expectations—joining this gym can be a significant step towards achieving your fitness goals. Comments from satisfied members emphasize that while there are cheaper alternatives around, the quality of equipment and the welcoming atmosphere make General Fitness the best choice. Additionally, free day passes are available for those looking to try out the facility before committing to a membership. This allows potential members to experience the vibrant culture and unmatched resources firsthand.

Stay Connected with Wi-Fi

To keep members connected during their fitness routines, General Fitness provides **Wi-Fi**, allowing you to stream workout playlists, track progress, or connect with friends online. This feature enhances the overall experience, making it easier to stay motivated and engaged throughout your fitness journey.

Join the Community at General Fitness

In conclusion, if you're looking for a comprehensive gym experience in Fall River, General Fitness is the place to be. With its excellent **amenities**, supportive community, and dedicated staff, it's no wonder so many members have made it their fitness home. Whether you're lifting weights, enjoying the sauna, or connecting with fellow gym-goers, General Fitness is more than just a

gym—it's a community that celebrates health and fitness together. Join today and discover the difference!

Our business is at

425 Pleasant St # 17, 02721 Fall River, Massachusetts - United States (US)

The contact phone of the mentioned **Gym** is +1508-677-4933

And if you want to send a WhatsApp, you can do so at +1508-677-4933

Our opening hours are:

Day	Hours
Monday	4:45?AM–9:30?PM
Tuesday	7?AM–7?PM
Wednesday	7?AM–7?PM
Thursday	4:45?AM–9:30?PM
Friday	4:45?AM–9:30?PM
Saturday	4:45?AM–9:30?PM
Sunday	4:45?AM–9:30?PM

The website is General Fitness

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Images



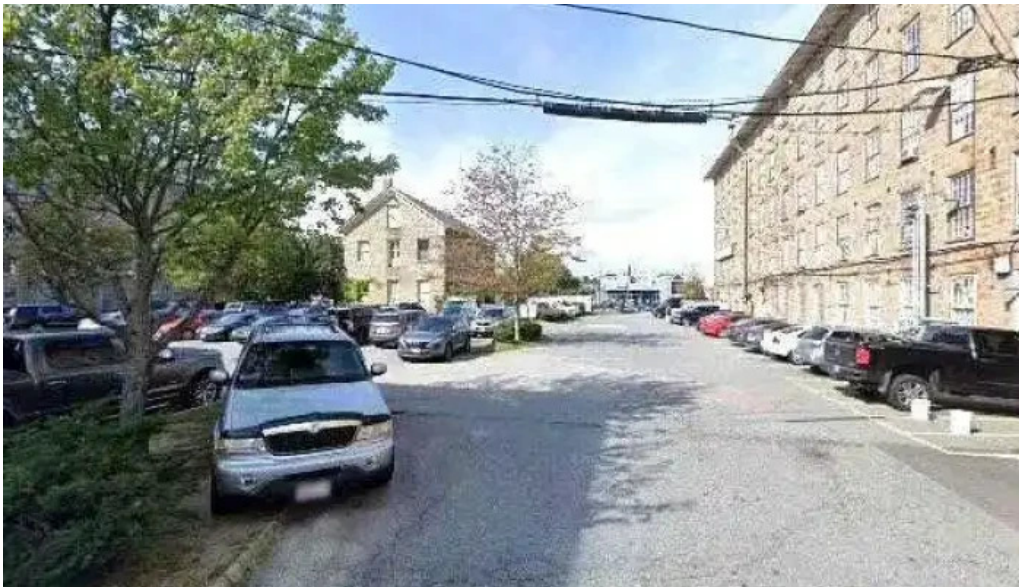
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General fitness website



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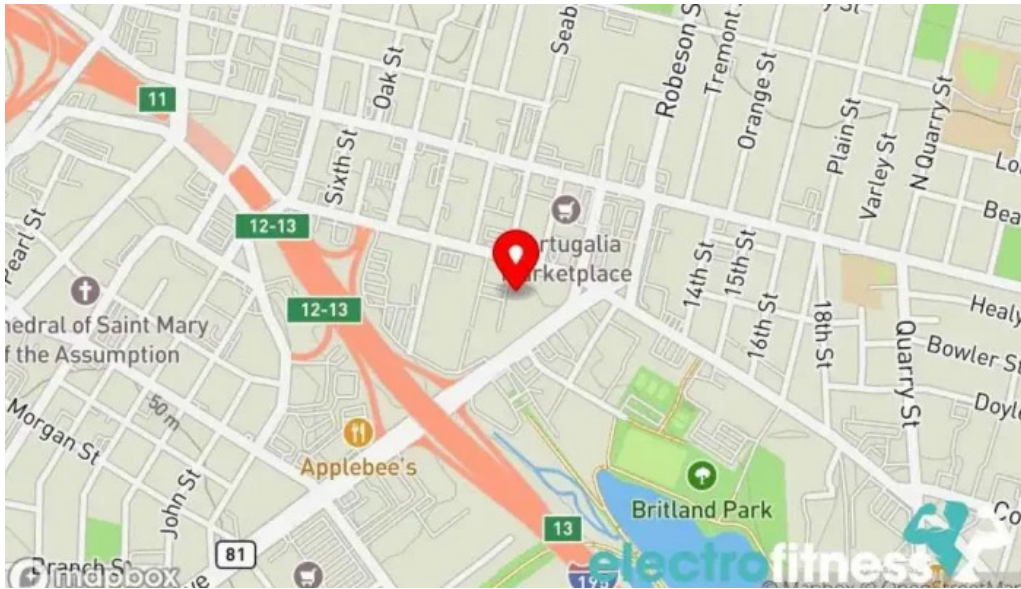
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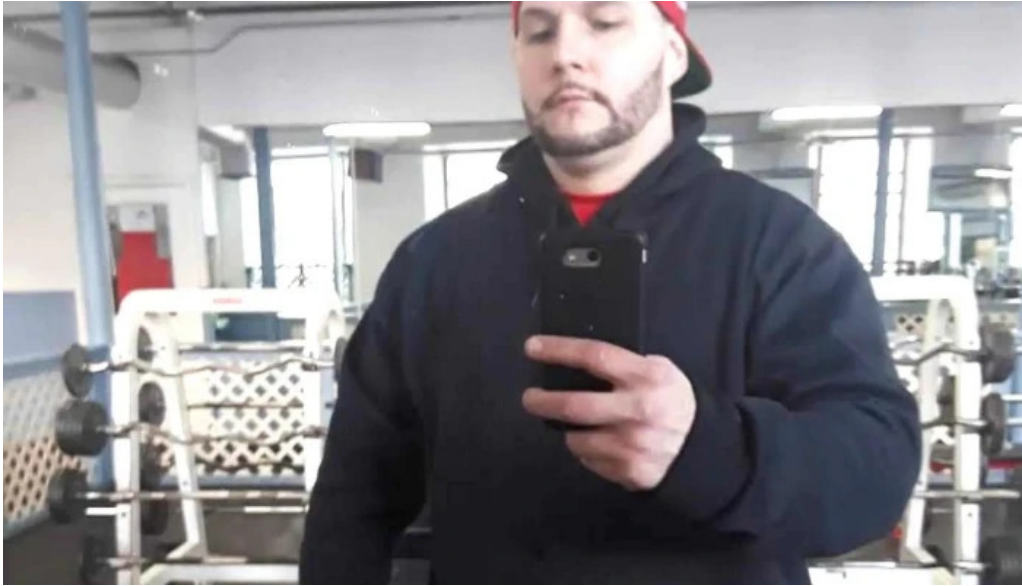
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General fitness map



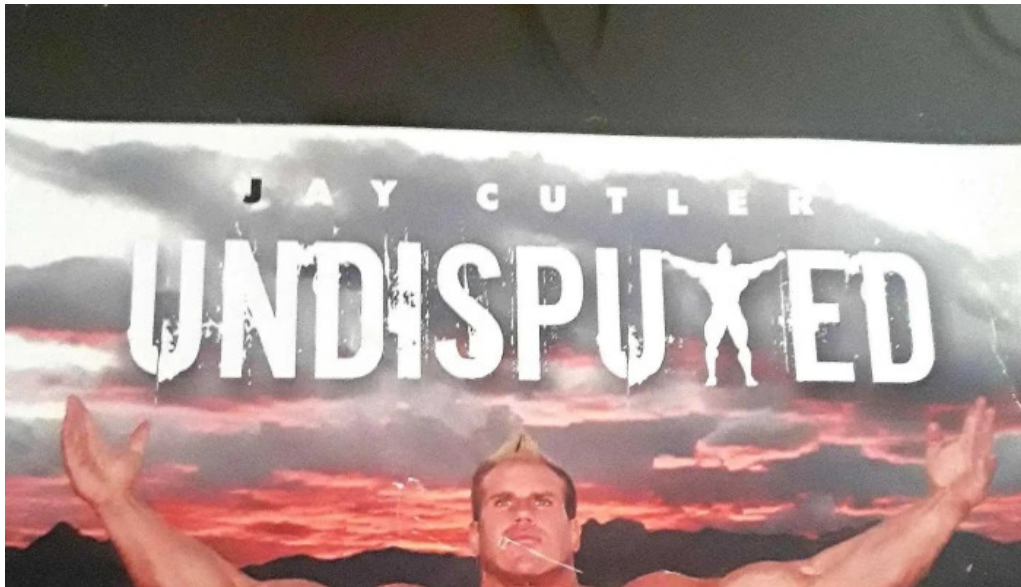
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Tags

Amenities, Membership required, Sauna, Wi-Fi, Planning

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