

Abrams Physical Fitness Center - Fort Cavazos

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A Comprehensive Overview of Abrams Physical Fitness Center

The Abrams Physical Fitness Center located in Fort Cavazos, TX, is a well-known facility amongst local fitness enthusiasts. Here, we'll explore the various amenities offered by the gym and what you can expect when you visit.

Amenities That Cater to All Fitness Levels

One of the standout features of Abrams is its ****spacious basketball court****, perfect for those looking to engage in team sports or simply shoot some hoops.

Additionally, the center boasts a **swimming pool** that is highly praised for its cleanliness and maintenance, allowing members to swim year-round. For convenience and comfort, the facility offers **showers** and generous locker room space, making it easy for gym-goers to freshen up after their workouts. Furthermore, there are **two co-ed saunas**; just a reminder to bring your shower shoes!

Atmosphere and Accessibility

The overall atmosphere of Abrams is described as friendly and welcoming. Many users appreciate the **professional staff** who help create a community-oriented environment. The gym is designed with **accessibility** in mind, with a **wheelchair-accessible entrance** and **car park**, ensuring that facilities are available for everyone. However, several comments suggest that certain areas, such as the **weight room**, might feel cramped during peak hours, which can detract from the overall experience.

Room for Improvement

While the amenities are commendable, some patrons point out that the **weight room** is relatively small and may lack a comprehensive selection of free weights. With only a few **squat racks** and limited space for dumbbells, those focused on heavy lifting may find alternatives necessary. Additionally, feedback regarding the **basketball court** has indicated that maintenance could be more attentive, with concerns over the court's surface condition and overall upkeep. Some users have noted that the court is occasionally repurposed for events like COVID-19 vaccinations, which can affect regular usage.

Final Thoughts

In conclusion, the Abrams Physical Fitness Center is an excellent choice for family-friendly fitness, offering diverse amenities such as a **swimming pool**, **saunas**, and a **basketball court**. While improvements could be made to the weight equipment and maintenance routines, the overall atmosphere and accessibility make it a convenient option for many in the Fort Cavazos area. Whether you're looking to swim, play basketball, or enjoy a sauna, Abrams has something to offer.

You can reach us at

Bldg 23001, Support Ave & 62nd St, 76544 Fort Cavazos, TX - United States (US)

The phone of the respective **Gym** is +1254-287-2016

And if you want to send a WhatsApp, you can do so at +1254-287-2016

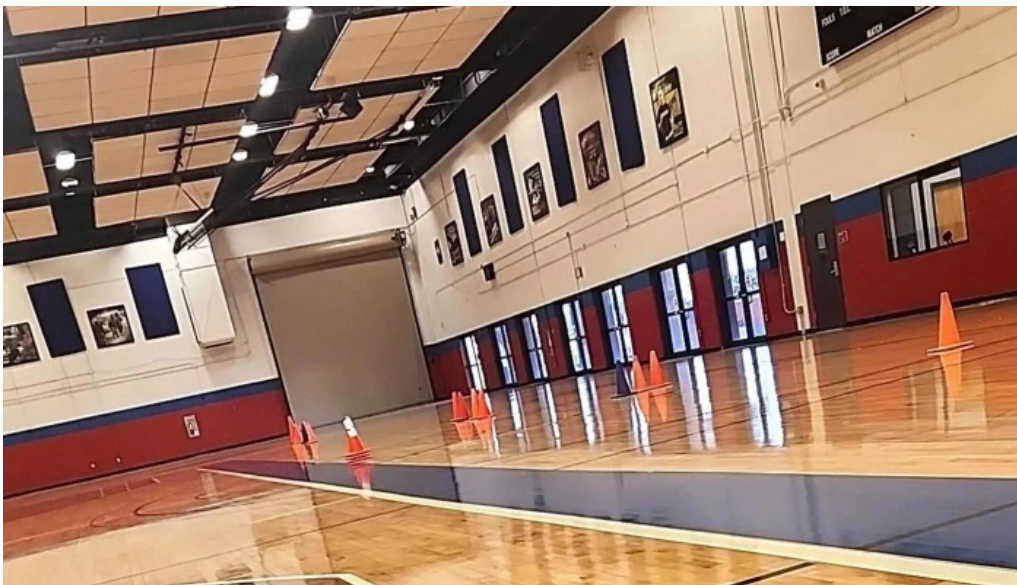
We open at the following schedule:

Day Hours
Monday
8?AM–8?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
8?AM–8?PM

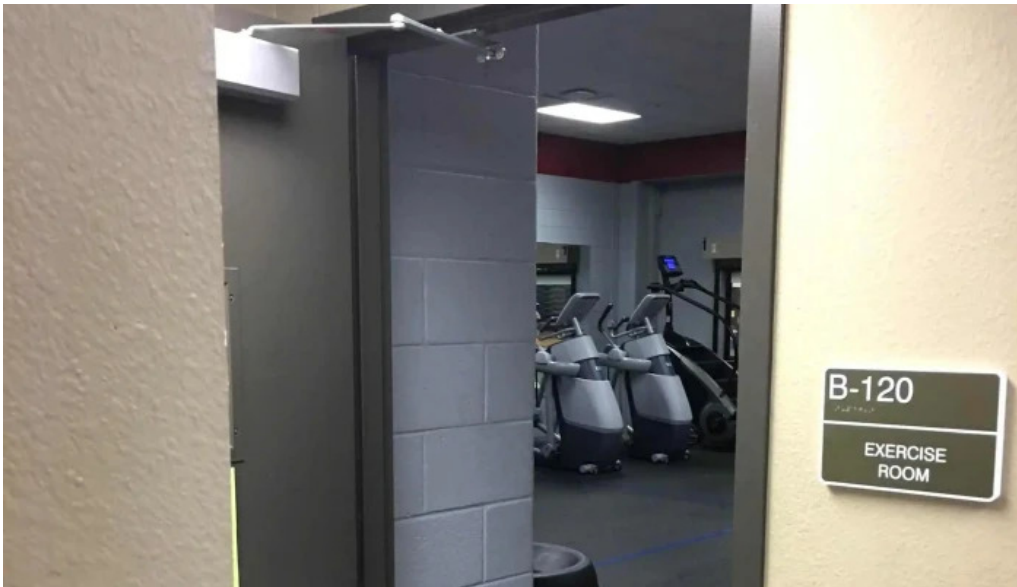
The website is [Abrams Physical Fitness Center](#)

In case you want to change any data that you feel is not precise about this portal, please forward a message so that we will adjust it quickly. Thank you in advance thanks.

Images



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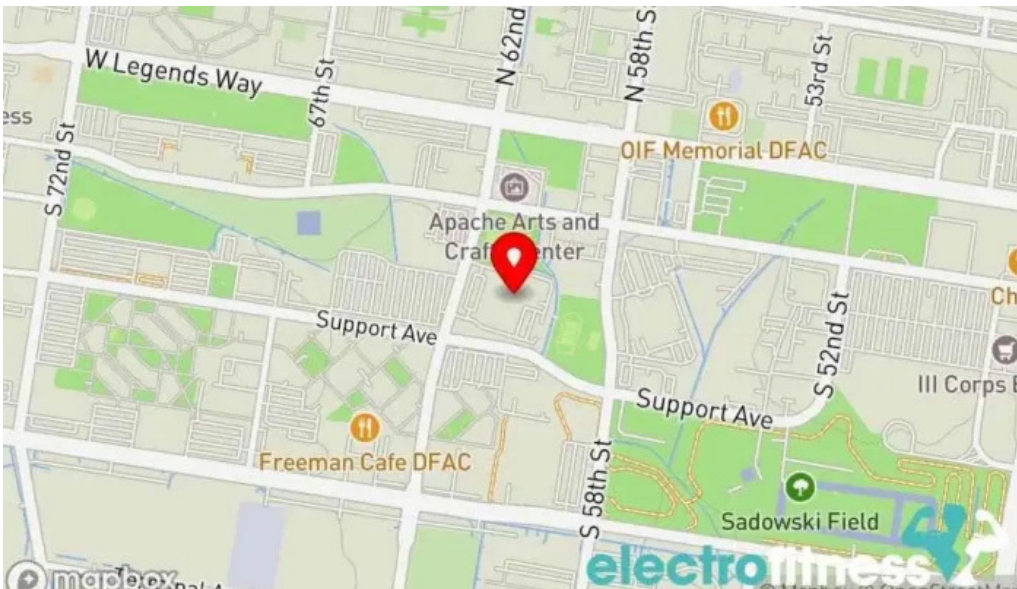
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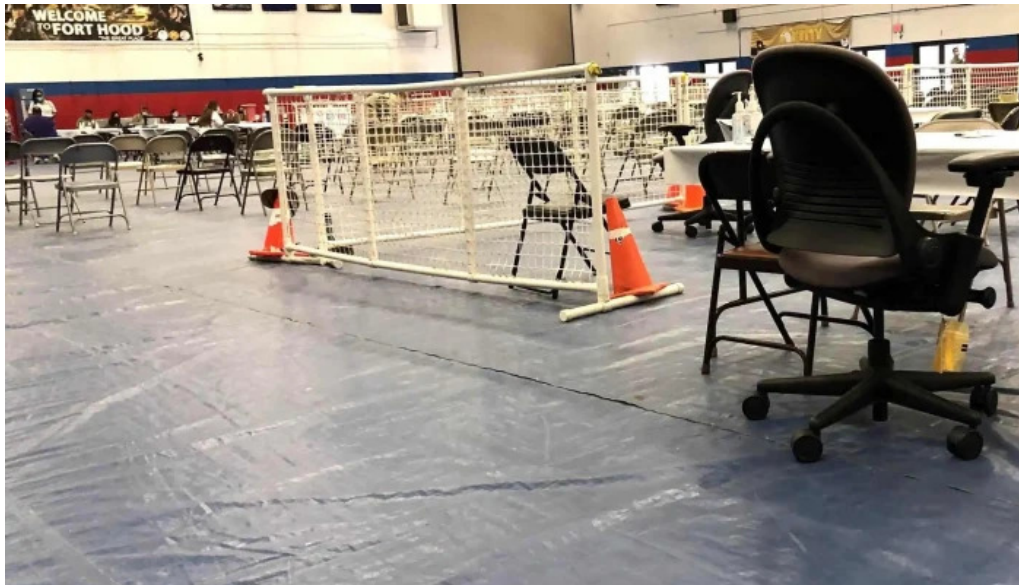
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Tags

Swimming pool, Wheelchair-accessible entrance, Basketball court, Amenities, Wheelchair-accessible car park, Shower, Accessibility, Sauna, Atmosphere

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