

Atkins Functional Fitness Facility - Fort Drum

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Atkins Functional Fitness Facility - Fort Drum

Discover Atkins Functional Fitness Facility: A Premier Gym in Fort Drum, New York

At the heart of Fort Drum, New York, lies the **Atkins Functional Fitness Facility**, a versatile gym designed to meet the diverse needs of its members. With its **wheelchair-accessible car park** and **wheelchair-accessible entrance**, Atkins prioritizes inclusivity, ensuring that everyone can take advantage of the excellent fitness opportunities available.

A Round-the-Clock Fitness Hub

Open 24 hours a day, this gym is perfect for those who thrive on late-night workouts. Members appreciate the flexibility that comes with round-the-clock access. Whether you're an early riser or a night owl, you will find the facility welcoming. Users have praised the cleanliness of the gym and the vast array of equipment available, including everything from squat racks to Olympic lifting platforms.

Extensive Range of Equipment

While the facility has received positive reviews for its clean environment and ample workout space, some members suggest more variety in equipment options. Currently, the gym features a robust selection of weight lifting, CrossFit, MMA, and cardio equipment. Popular choices include heavy bags for kickboxing, climbing ropes, sleds, kettlebells, and more. For those training for the Army Combat Fitness Test (ACFT), the spacious turf area and functional fitness equipment are particularly beneficial.

Community and Supportive Environment

The atmosphere at Atkins is one of camaraderie and support, with many visitors noting the friendly staff who greet members upon arrival. This positive environment enhances the workout experience, making it not just about fitness but also about building connections.

Room for Improvement

Despite the many advantages, there are some areas for potential growth. Feedback indicates a desire for more traditional cardio machines as well as better maintenance of certain equipment, like the boxing bags. Some members have expressed concern over safety protocols, especially regarding shared equipment, emphasizing the importance of regular checks and repairs.

Why Choose Atkins?

In summary, Atkins Functional Fitness Facility stands out as the best gym in Fort Drum due to its extensive facilities, 24-hour access, and commitment to cleanliness and inclusivity. While there's always room for improvement, especially concerning equipment variety and maintenance, the positives far outweigh the negatives. It's a place where anyone, regardless of fitness level or mobility, can work towards their health goals in a supportive environment.

The business is situated at

Building, 4325 Conway Rd, 13602 Fort Drum, New York - United States (US)

The phone of this **Gym** is +1315-772-3377

And if you want to send a WhatsApp, you can do so at +1315-772-3377

We are available at these times:

Day	Hours
Monday	6–8:30?AM
Tuesday	6–8:30?AM
Wednesday	Closed
Thursday	Closed
Friday	6–8:30?AM
Saturday	6–8:30?AM
Sunday	6–8:30?AM

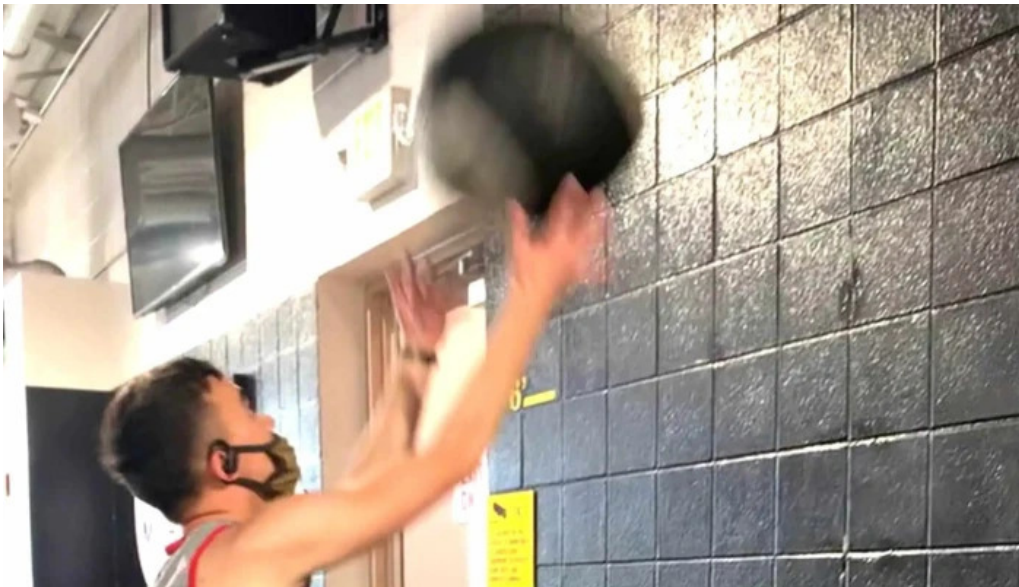
The website is [Atkins Functional Fitness Facility](#)

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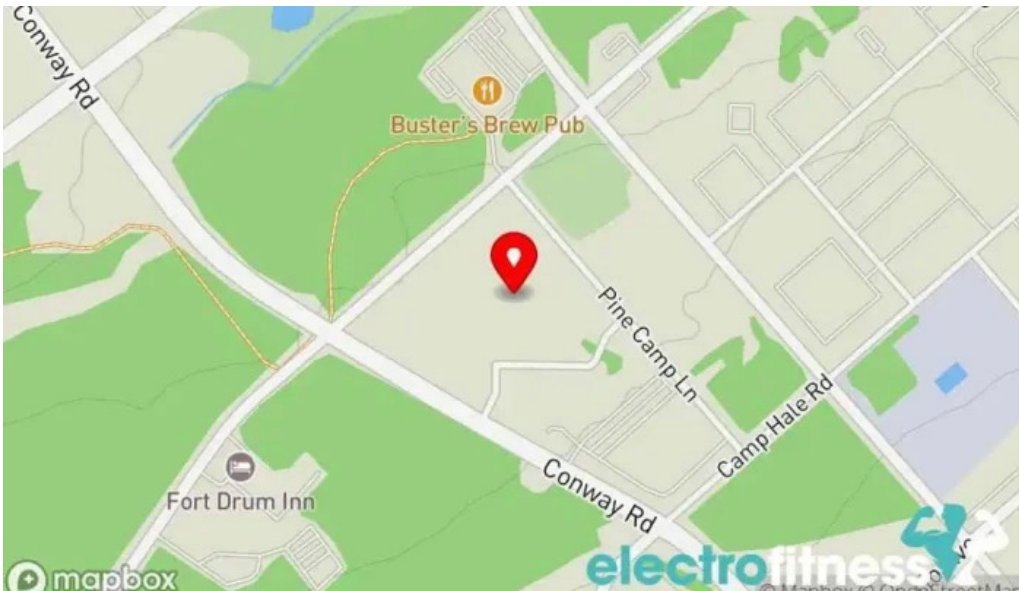
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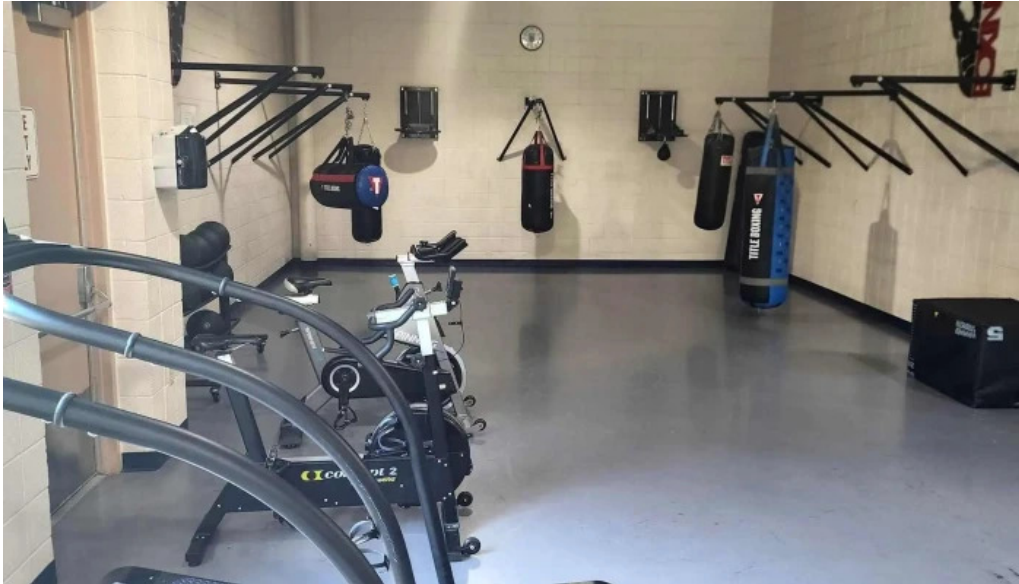
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Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility

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