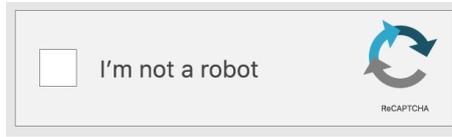


Jared C. Monti Physical Fitness Center - Fort Drum

fort drum



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fort drum

Jared C. Monti Physical Fitness Center - Fort Drum

Welcome to Jared C. Monti Physical Fitness Center

The **Jared C. Monti Physical Fitness Center** located in Fort Drum, New York, is a standout facility designed to accommodate fitness enthusiasts of all levels. With its **wheelchair-accessible entrance** and **wheelchair-accessible car park**, the gym ensures that everyone can enjoy their workout experience comfortably and conveniently.

Accessibility Features

One of the most commendable aspects of Monti Gym is its commitment to **accessibility**. The **wheelchair-accessible entrance** allows easy access for individuals with mobility challenges, paired with a designated **wheelchair-accessible car park** to facilitate a smooth visit. This inclusive approach reflects the gym's dedication to serving the entire community.

Facilities and Equipment

Monti Gym is well-equipped with an array of fitness machines, emphasizing both cardio and strength training. Feedback from patrons highlights that the facility has "all the essentials" one would expect from a modern gym, including:

- Numerous treadmills that operate smoothly
- Extensive weightlifting areas
- Large functional fitness zones ideal for various workouts, such as abs and box jumps
- An impressive selection of BMI bikes

While some users note a lack of D Handles for cable machines and fewer weights compared to other facilities, the overall sentiment reflects satisfaction with the available equipment.

Atmosphere and Cleanliness

The gym boasts a **spacious layout**, which many members appreciate. However, peak hours can lead to congestion, particularly around common training times like Tuesdays in the weight room. Despite these busy moments, the gym maintains a high standard of cleanliness, providing a pleasant environment for all. Comments from members often highlight the friendly staff, who enhance the overall atmosphere of the gym. With classes available almost every hour and a diverse range of workout options, the staff ensures that each visit is both productive and enjoyable.

Challenges and Recommendations

While the facility has received praise for its cleanliness and equipment, some concerns have emerged regarding overcrowding during peak hours. Many users suggest extended hours and improved ventilation to enhance the workout experience for evening attendees. Additionally, the ongoing closure of the pool is a common point of contention among members, with many advocating for its reopening.

Conclusion

In summary, the **Jared C. Monti Physical Fitness Center** in Fort Drum is a valuable asset for anyone looking to maintain or enhance their fitness journey. Its **wheelchair-accessible features**, extensive range of equipment, and clean environment create a welcoming space for all individuals. With a few improvements, particularly concerning crowd management and facility hours, this gym has the potential to be even more exceptional. Whether you're a soldier or a civilian, Monti Gym is worth considering for your fitness needs.

You can find us at

Conway Rd P-4305, 13602 Fort Drum, New York - United States (US)

The phone of this **Gym** is +1315-772-4936

And if you want to send a WhatsApp, you can do so at +1315-772-4936

We look forward to seeing you at:

Day Hours
Monday
6?AM–7?PM
Tuesday
Closed
Wednesday
Closed
Thursday
8?AM–4?PM
Friday
6?AM–7?PM
Saturday
6?AM–7?PM
Sunday
6?AM–7?PM

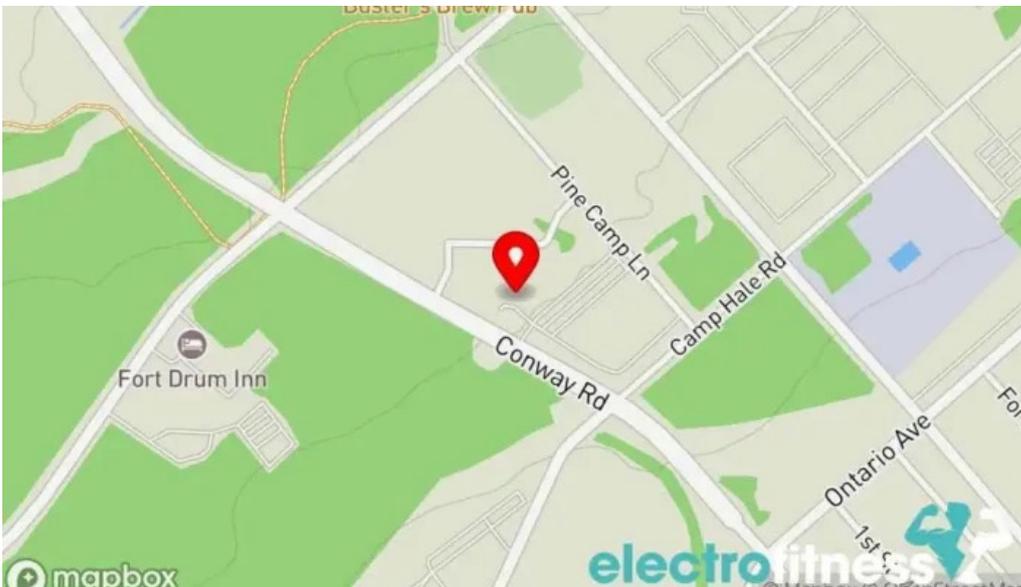
The website is Jared C. Monti Physical Fitness Center

If you require to alter any data that you feel is incorrect related to this portal, we kindly request send a message and we will handle it as soon as possible. Thank you in advance we appreciate it.

Images



Jared c monti physical fitness center open now



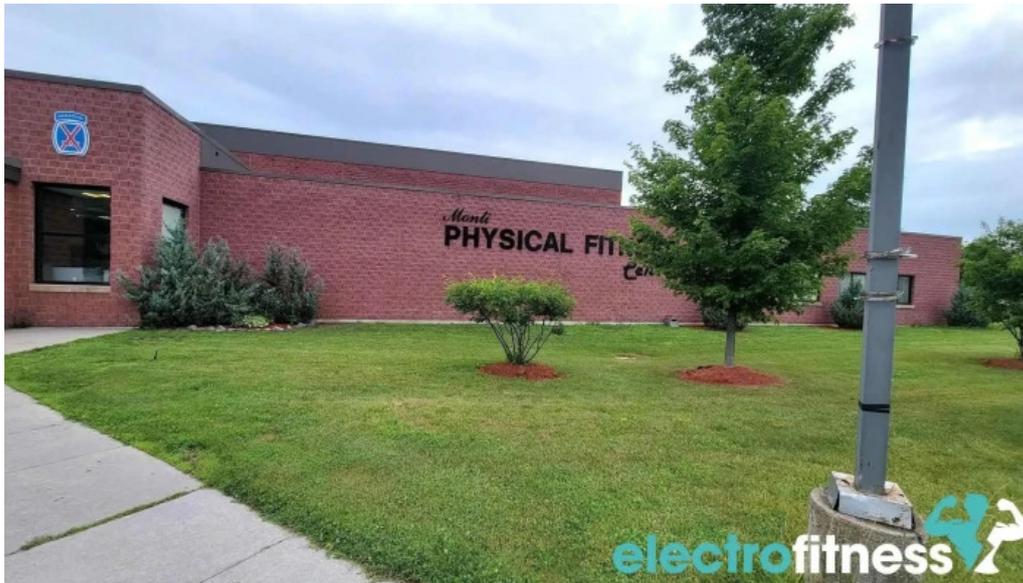
Jared c monti physical fitness center map



Jared c monti physical fitness center gym



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Tags

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

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