

Equinox South Bay - Hawthorne

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Equinox South Bay: A Premier Fitness Experience in Hawthorne, California

If you're looking for a gym that truly stands out, **Equinox South Bay** offers exceptional **outdoor services** and state-of-the-art amenities. Located in Hawthorne, California, this gym is more than just a workout facility; it's a lifestyle destination.

A Welcoming Atmosphere and Accessibility

Upon entering Equinox South Bay, you're greeted by a modern, spacious environment that radiates cleanliness and care. The **wheelchair-accessible entrance** and car park ensure that everyone can enjoy the gym's offerings. Members appreciate the easy access to facilities, including the **swimming pool**, which not only serves for laps but also enhances the overall atmosphere of relaxation and wellness.

Exceptional Amenities

Equinox South Bay prides itself on a variety of **amenities**, including:

Sauna and Steam Room: These features are perfect for unwinding after an intense workout or enhancing your fitness routine. **Shower Facilities:** Members enjoy spotless shower areas stocked with high-quality products. **Wi-Fi Access:** Keep connected while you work out or relax in the lounge areas.

Fitness Offerings Tailored to You

This gym offers a wide range of fitness classes and personal training options, catering to individuals of all levels. With an assortment of group classes, from yoga to high-intensity training, there is something for everyone. Personal trainers here, like Steven and Rodney, have received numerous accolades for their ability to motivate and challenge members. However, it's essential to note that **membership is required** to access all these benefits.

Planning Your Visit

When planning your visit to Equinox South Bay, consider the busy hours—while it is spacious and never feels cramped, peak times can be crowded. One frequent visitor noted the convenience of ample parking, eliminating the frustration of circling around for a spot. However, it's advisable to arrive early if you wish to utilize the **outdoor workout deck**.

Customer Service and Overall Experience

While the gym boasts many positive reviews regarding cleanliness and helpful staff, some members have reported inconsistencies in customer service. It's worth noting that management is responsive to feedback, striving to maintain high standards within the facility. This includes efforts to improve maintenance in locker rooms and common areas, ensuring that everything meets the expectations of a premium fitness center.

Final Thoughts: Is Equinox South Bay for You?

In summary, Equinox South Bay offers a comprehensive fitness experience with

a fantastic atmosphere and a plethora of services tailored to meet your needs. For those who prioritize quality, a well-maintained environment, and excellent training options, this gym might just be your ideal choice. Just remember, carrying your own lock is advisable for locker security, highlighting a slight area for improvement. Overall, whether you're a fitness enthusiast or someone looking to get started, Equinox South Bay welcomes you with open arms.

Our premises are located at

5400 Rosecrans Ave, 90250 Hawthorne, California - United States (US)

The phone of the respective **Gym** is +1310-727-9543

And if you want to send a WhatsApp, you can do so at +1310-727-9543

Our opening hours are:

Day Hours
Monday

7?AM–7?PM

Tuesday

7?AM–7?PM

Wednesday

5?AM–10?PM

Thursday

5?AM–10?PM

Friday

5?AM–10?PM

Saturday

5?AM–10?PM

Sunday

5?AM–9?PM

The website is Equinox South Bay

If necessary to update any data that you feel is not accurate regarding this portal, we ask send us a message so that we will handle it at the earliest convenience. Thanks beforehand thank you very much.

Images



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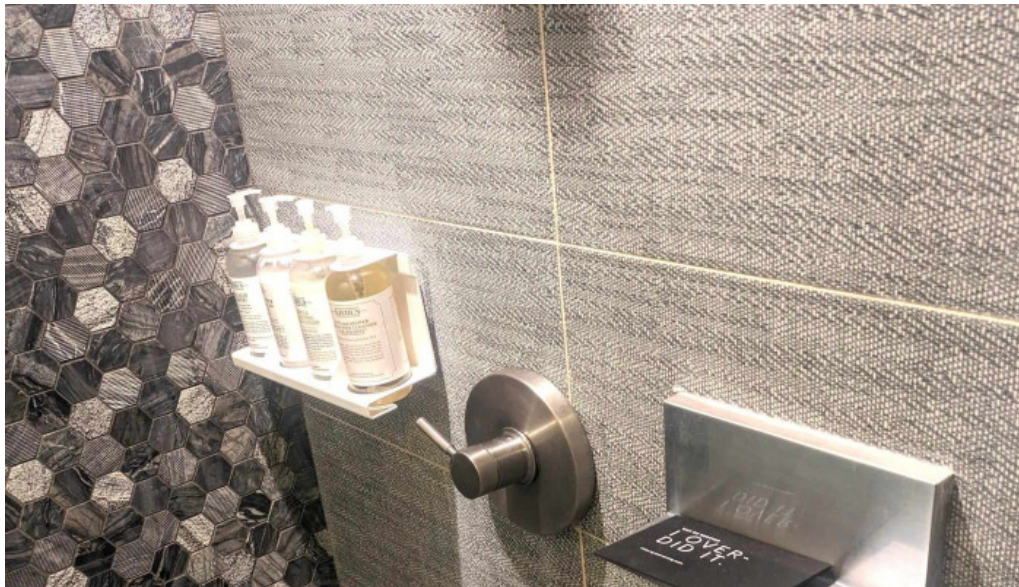
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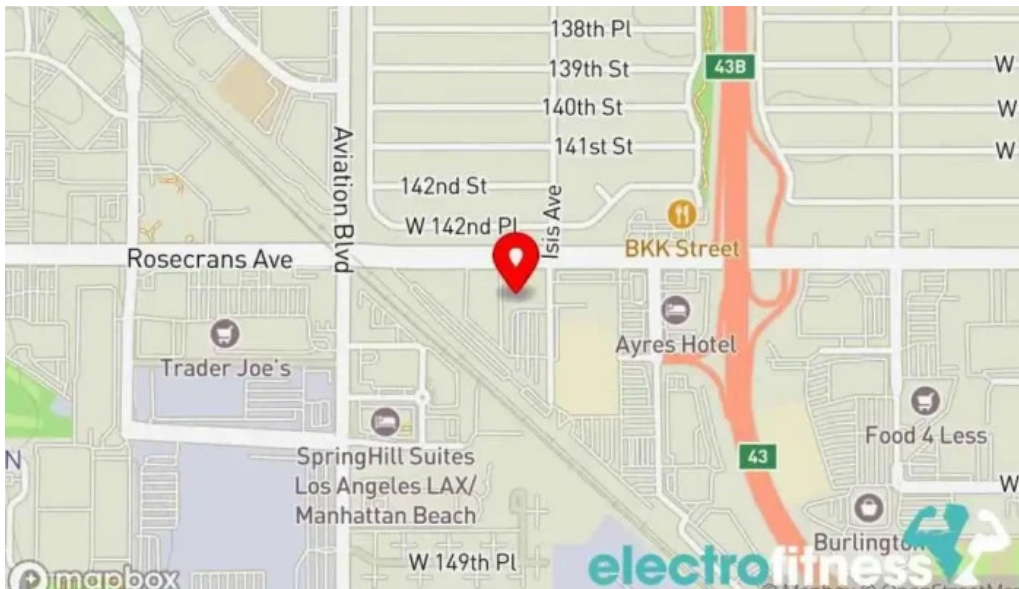
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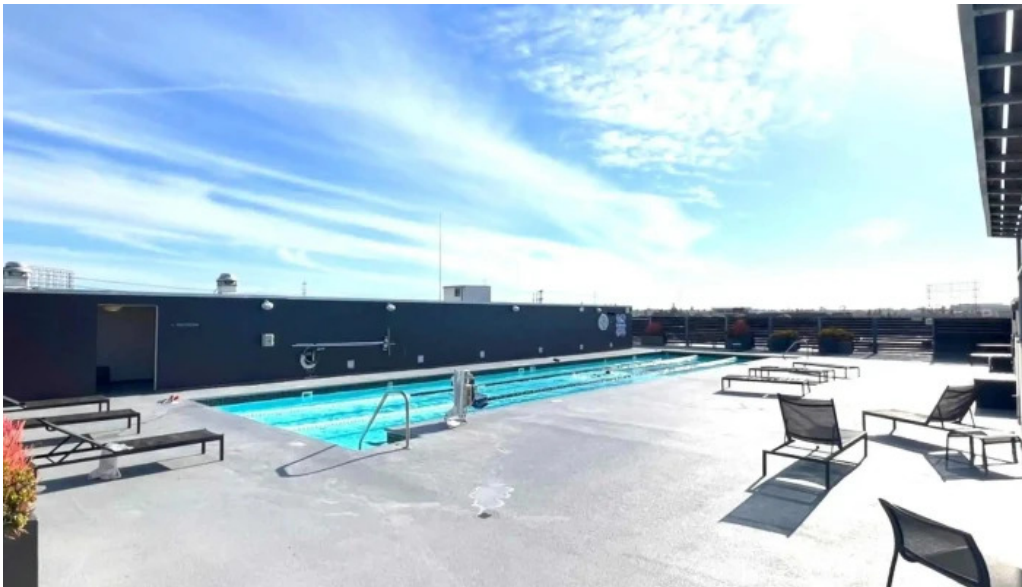
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Equinox south bay map



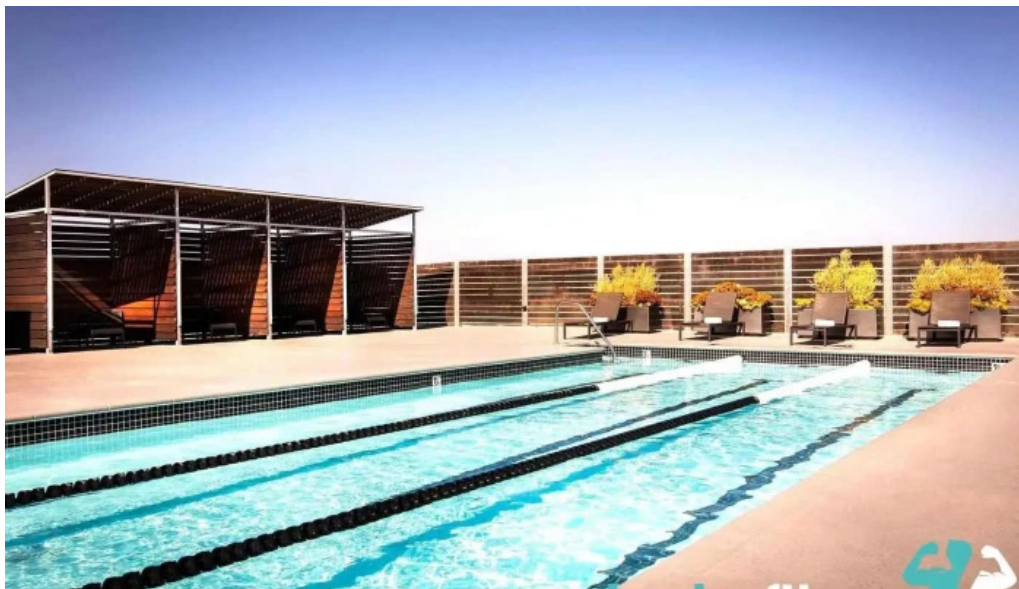
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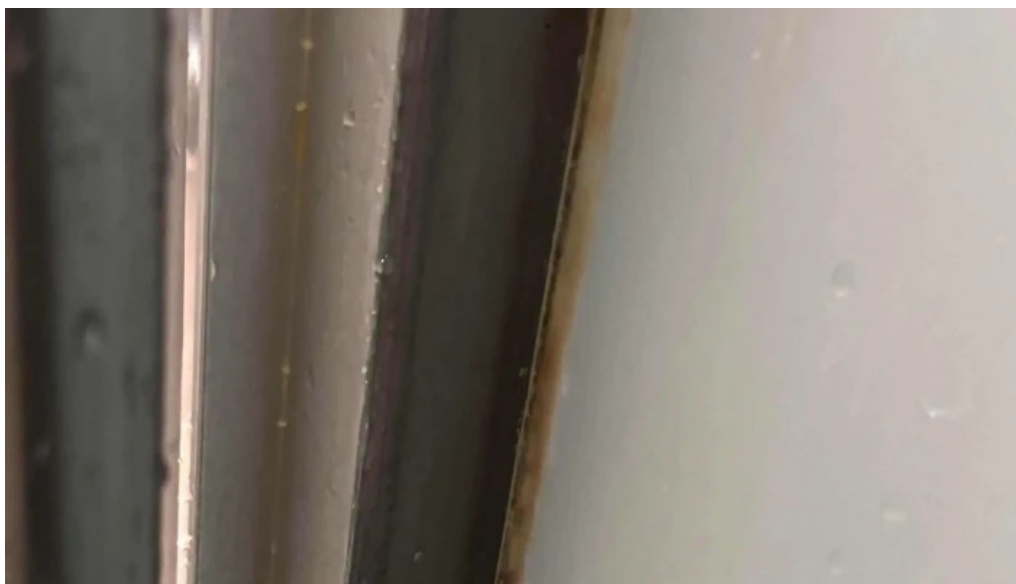
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Tags

Amenities, Wheelchair-accessible entrance, Swimming pool, Planning, Outdoor services, Service options, Wheelchair-accessible car park, Accessibility, Wi-Fi, Offerings, Shower, Sauna, Atmosphere, Membership required

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