

Ladies First Fitness & Spa - Lancaster

lancaster



I'm not a robot



RECAPTCHA

Published on: 27/04/25	Hits: 1503
Comments: 0	See comments
Votes: 167	Score: 4.6

https://www.electrofitness.com/gym/lancaster/ladies-first-fitness-spa-lancaster_234868.php



lancaster

Ladies First Fitness & Spa - Lancaster

Discover Ladies First Fitness & Spa in Lancaster, California

Ladies First Fitness & Spa is an all-women gym located in Lancaster, California, that offers a supportive environment for women at all fitness levels. With a range of ****on-site services**** tailored to meet the needs of its members, this gym has become a beacon of empowerment and self-care.

Planning Your Visit

Before visiting Ladies First Fitness & Spa, it's essential to consider your schedule. The gym operates with limited hours, typically opening from 6 AM to 8

PM Monday through Thursday, and shorter hours on Fridays and Saturdays. This can make it challenging for working women to maintain a consistent workout routine. However, the welcoming atmosphere makes the effort worthwhile.

Accessibility and Amenities

Ladies First understands the importance of **accessibility**. The facility features a **wheelchair-accessible car park** and **entrance**, making it easy for all women to join and participate in their fitness journey. The gym is equipped with various **amenities** including a sauna, which serves as a perfect spot for relaxation after a rigorous workout. Additionally, complimentary **Wi-Fi** is available, so you can stay connected while enjoying your time at the gym.

Child Care Options

For mothers looking to prioritize their fitness without sacrificing time with their kids, Ladies First offers excellent **child care** services. Parents can confidently leave their children in a safe environment while they focus on their workouts, allowing them to reap the benefits of physical fitness while maintaining peace of mind.

Service Options and Classes

Membership at Ladies First is required to access the full range of services offered. The gym boasts a variety of classes that cater to different interests, such as glute camps, Zumba, yoga, and boot camps. These classes are designed to encourage and motivate participants, making workouts enjoyable and effective. As noted by many members, Kim stands out as a phenomenal trainer who fosters a sense of community and confidence within her classes. However, be mindful that some classes may be overbooked, leading to potential frustrations regarding equipment availability.

Why Choose Ladies First Fitness & Spa?

Choosing Ladies First means entering a space where women uplift each other. Many members express that this gym has become a **safe haven** for them, free from judgment and pressure often found in co-ed gyms. The community aspect is emphasized by the friendly staff and fellow gym-goers who cheer each other on. While there are critiques regarding limited operating hours and maintenance of equipment, the overall consensus highlights a nurturing environment that positively impacts women's fitness journeys.

Final Thoughts

Ladies First Fitness & Spa is more than just a gym; it's a community where women come together to achieve their goals and support each other. The combination of **on-site services**, dedicated trainers, and a focus on member

well-being creates a unique atmosphere conducive to empowerment and fitness transformation. Whether you're a beginner or a seasoned athlete, Ladies First is worth considering for your fitness endeavors in Lancaster, California.

We are established at

42015 10th St W, 93534 Lancaster, California - United States (US)

The phone of this **Gym** is +1661-942-6496

And if you want to send a WhatsApp, you can do so at +1661-942-6496

We open at the following schedule:

Day	Hours
Monday	6?AM–12?PM
Tuesday	Closed
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	6?AM–8?PM
Sunday	6?AM–12?PM

The website is Ladies First Fitness & Spa

If you require to adjust any data that you believe is not accurate concerning this site, please send us a message so that we will fix it quickly. With anticipation we appreciate it.

Images



Ladies first fitness spa videos



Ladies first fitness spa street view 360deg



Ladies first fitness spa map



Ladies first fitness spa lancaster



Ladies first fitness spa gym



Ladies first fitness spa by owner



Ladies first fitness spa all

Tags

On-site services, Service options, Membership required, Planning, Wheelchair-accessible entrance, Wi-Fi, Child care, Amenities, Accessibility, Sauna, Wheelchair-accessible car park

Related content

5.0 * *Brandis Touch Studios - The Integrated Wellness Spa - Fort Washington*

5.0 * *Kids Club Spa Walnut Creek - Walnut Creek*

4.6 * *Grove Fitness Club & Spa - Boise*

3.6 * *Kids First Swim School - Waldorf - Waldorf*

5.0 * *Avani Day Spa & Yoga Studio - Hastings*

4.0 * *Healthworks' Gym & Spa - Crowley*

4.7 * *Your Self-Care Center by Bodi Oasis - Bryans Road*

4.6 * *Forma Gym Walnut Creek - Walnut Creek*

4.3 * *Georgia Fitness Acworth - Acworth*

4.1 * *In-Shape Fitness - Antioch*

Categories

academic department
acupuncture clinic
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
dollar store
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
food producer
golf club
golf course
golf instructor
grocery store

gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
sauna
school district office

self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization