

Whole Life Changes - Lewiston

lewiston

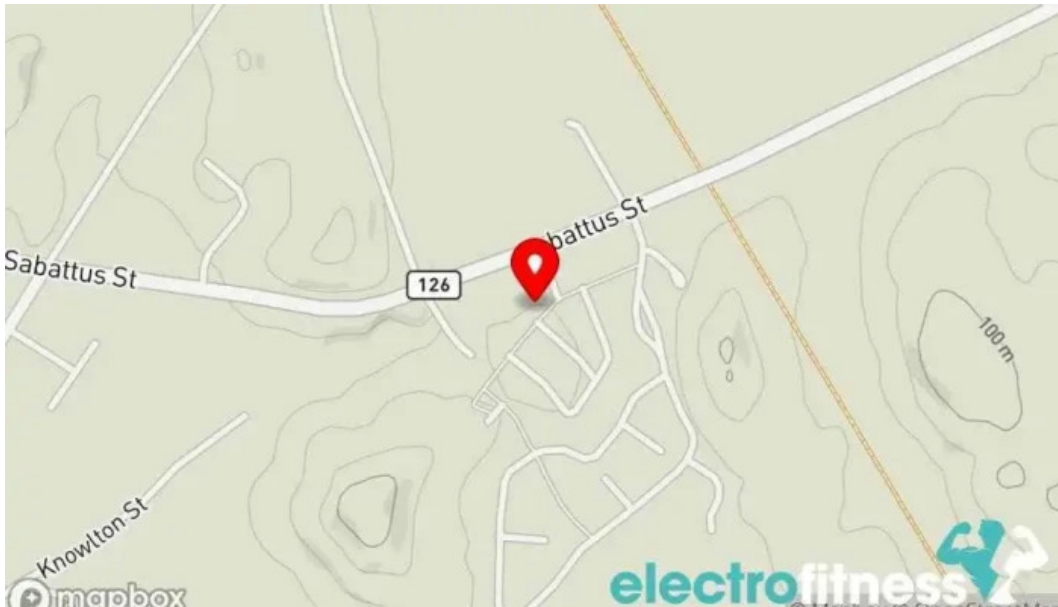
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Whole Life Changes - Lewiston

Whole Life Changes Gym: A Hub for Fitness in Lewiston, Maine

If you're looking for a place to enhance your health and wellness in Lewiston, Maine, look no further than **Whole Life Changes Gym**. With state-of-the-art facilities and a commitment to inclusivity, this gym has become a beacon for fitness enthusiasts in the community.

Accessible Facilities for Everyone

One of the standout features of Whole Life Changes Gym is its **wheelchair-accessible car park**. This ensures that all members of the community, regardless of physical ability, can easily access the gym. The management prioritizes **accessibility**, making it easier for everyone to embark on their fitness journeys.

A Clean and Inviting Environment

Visitors often rave about how **nice** and **clean** the gym is. A pristine environment not only enhances the workout experience but also promotes a sense of well-being among patrons. Maintaining high standards in cleanliness reflects the gym's dedication to providing a safe and welcoming space for all.

Join the Community at Whole Life Changes Gym

Whether you are a seasoned athlete or a beginner, Whole Life Changes Gym offers a variety of programs designed to meet diverse fitness needs. From group classes to personal training sessions, there is something for everyone. Join the growing community and take the first step towards a healthier lifestyle today!

We are found at

23 Autumn Ln, 04240 Lewiston, Maine - United States (US)

The phone number of this **Gym** is +1207-576-1651

And if you want to send a WhatsApp, you can do so at +1207-576-1651

We are open during the following hours:

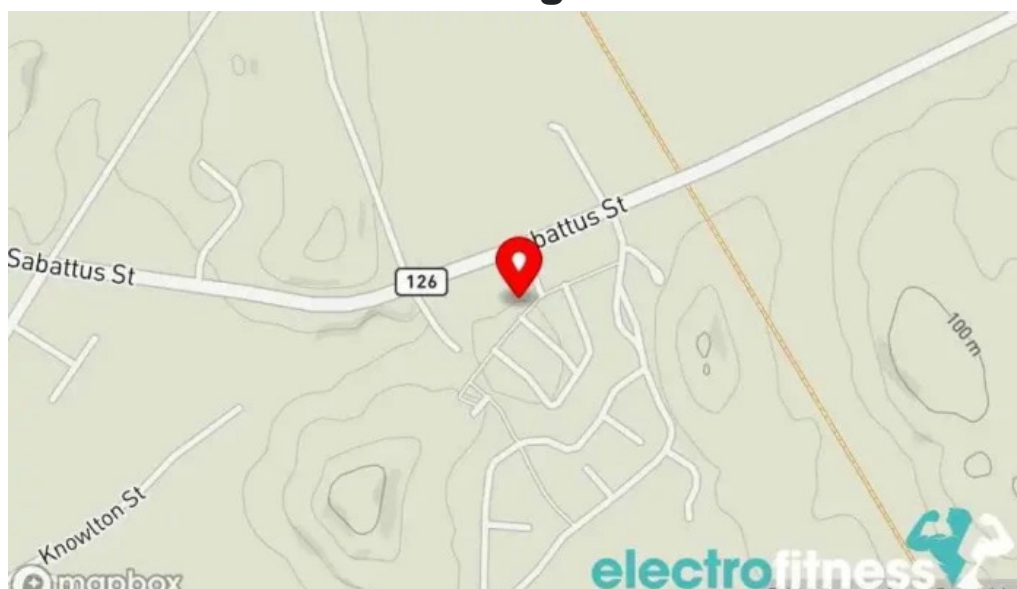
Day	Hours
Monday	7?AM–10?PM
Tuesday	7?AM–4?PM
Wednesday	6–10?AM 4–10?PM
Thursday	9?AM–5?PM
Friday	7?AM–10?PM
Saturday	7?AM–10?PM

Sunday

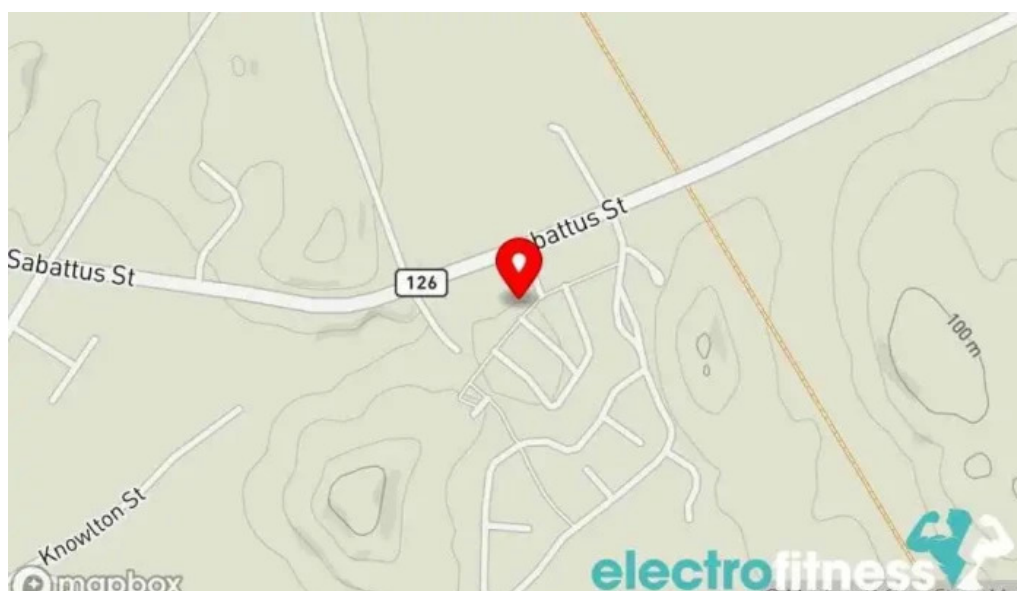
7:30?AM–10?PM

If you need to adjust any information that you think is incorrect concerning this site, we ask deliver a message so we can we will handle it at the earliest convenience. Thanks beforehand thank you very much.

Images



Whole life changes map



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Tags

Accessibility, Wheelchair-accessible car park

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boot camp
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boxing gym
boxing ring
buddhist temple
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chiropractor
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food producer
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health food restaurant
health food store
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historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa

meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
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real estate developer
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rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
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senior citizen center
shooting range
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sports massage therapist
sports medicine clinic
sports nutrition store
sports school
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swimming facility
swimming instructor
swimming pool
swimming school
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weight loss service
weightlifting area
wellness center
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women's organization
women's personal trainer
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yoga instructor
yoga studio
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