

1oak Health Club - Oakdale

oakdale

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1oak Health Club - Oakdale

Welcome to 1OAK Health Club in Oakdale, California

1OAK Health Club provides a unique fitness experience tailored for individuals looking to enhance their health and wellness. Whether you're a seasoned athlete or just starting your fitness journey, this gym offers various ****amenities**** designed to meet diverse fitness needs.

Amenities and Offerings

At 1OAK Health Club, you'll find an array of ****on-site services**** that cater to your fitness goals. With options like ****online classes****, you can workout

conveniently from home. The facility also boasts state-of-the-art equipment, including cardio machines and free weights, ensuring that you have everything you need for a comprehensive workout. For those who enjoy a touch of relaxation after exercising, the gym features a **sauna** and a hydromassage service. Please note that classes such as Cycle, Zumba, and Yoga are available, providing structure and guidance to your workouts.

Parking and Accessibility

Accessibility is a significant focus at 1OAK Health Club. The gym provides a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring all members can enjoy their fitness journey without hindrance. Additionally, there is a **free parking lot** available for all members, making it easy to plan your visit. Inside the facility, you will find **wheelchair-accessible toilets**, adding to the overall inclusivity of the gym.

Experience the Environment

While many members appreciate the gym's friendly staff and motivating atmosphere, some have raised concerns about cleanliness. Regular maintenance and increased attention to detail from the staff can significantly enhance the overall experience. Staff members like John and Zeth have received commendations for their efforts in keeping the facility clean and organized. With **Wi-Fi** available, you can stay connected while working out or participating in classes. The atmosphere promotes fitness and camaraderie among members, helping you stay motivated and engaged.

Membership Requirements

A **membership is required** to access all facilities and services at 1OAK Health Club. Affordable payment options for personal training sessions make it accessible for everyone, allowing you to achieve your fitness goals without breaking the bank.

Conclusion

In summary, 1OAK Health Club offers a diverse range of **amenities** and **services** for its members. With a focus on accessibility, cleanliness, and community support, it strives to create a welcoming environment for all fitness enthusiasts. If you're considering joining, this gym could be a great addition to your fitness journey in Oakdale, California.

We are located at

1275 E F St #1, 95361 Oakdale, California - United States (US)

The contact line of this **Gym** is +1209-265-8435

And if you want to send a WhatsApp, you can do so at +1209-265-8435

We open at the following schedule:

Day	Hours
Monday	4?AM–10?PM
Tuesday	4?AM–8?PM
Wednesday	8?AM–6?PM
Thursday	8?AM–6?PM
Friday	4?AM–10?PM
Saturday	4?AM–10?PM
Sunday	4?AM–10?PM

The website is [1OAK Health Club](#)

If you wish to adjust any information that you think is not accurate concerning this site, we ask deliver a message so we can we will handle it promptly. Thanks beforehand thank you very much.

Images



1oak health club street view 360deg



1oak health club score



1oak health club schedule



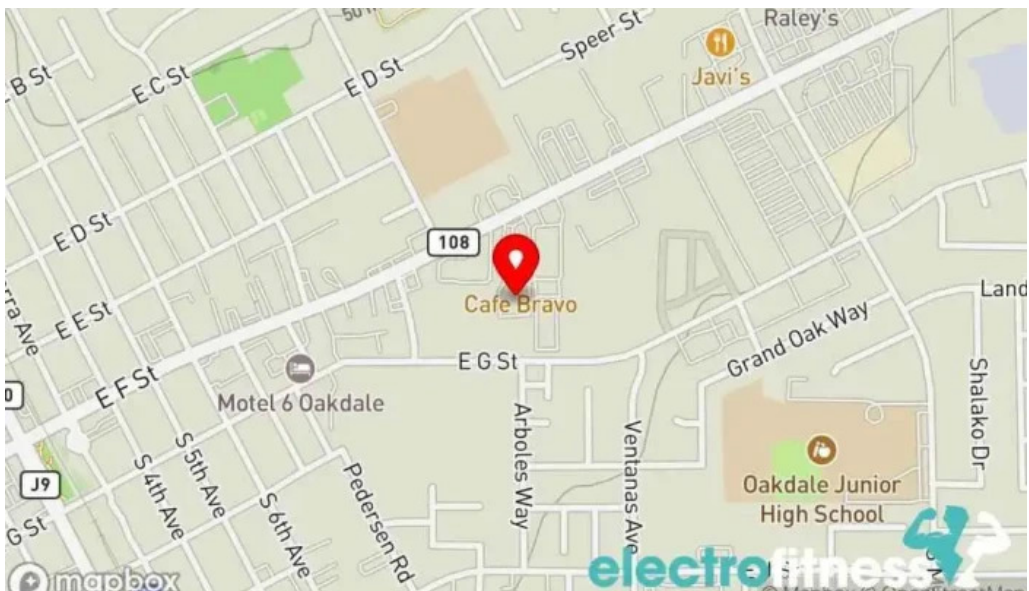
1oak health club promotion



1oak health club oakdale



1oak health club number



1oak health club map



1oak health club gym



1oak health club comments



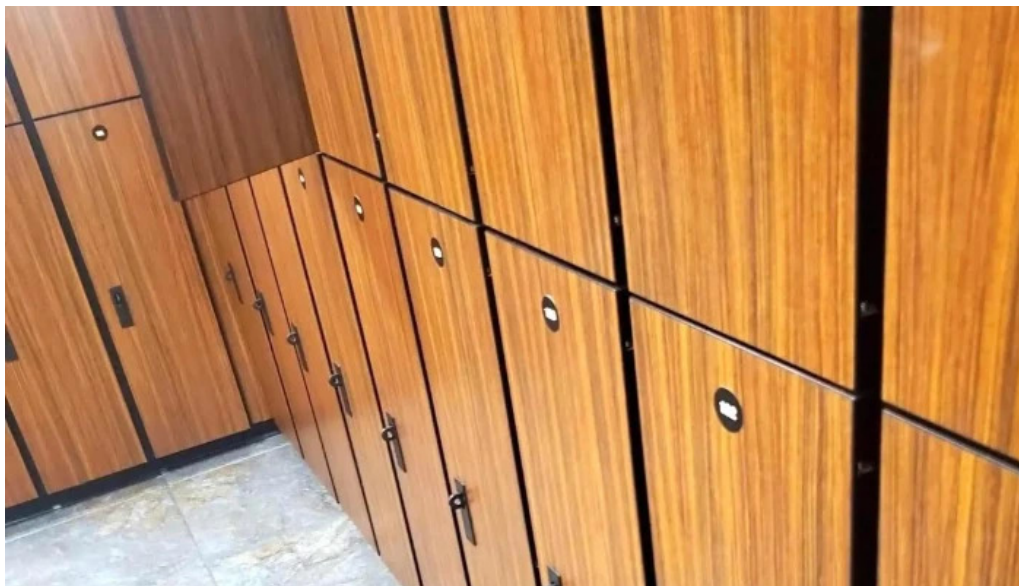
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1oak health club address

Tags

On-site parking, Offerings, Amenities, Accessibility, Sauna, On-site services, Toilet, Free parking lot, Wheelchair-accessible entrance, Outdoor services, Service options, Membership required, Planning, Wheelchair-accessible car park, Parking, Wi-Fi, Wheelchair-accessible toilet, Online classes

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4.4 *	<i>Livingwell Health Club Ada - Washington</i>

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academic department
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boxing gym
boxing ring
children's party service
chiropractor
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convenience store
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country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
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gym
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gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel

indoor cycling
jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
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martial arts school
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massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school

school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
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