

## Bft Rockridge - Oakland

oakland

 I'm not a robot   
reCAPTCHA

Published on: 26/03/25	Hits: 304
Comments: 0	See comments
Votes: 38	Score: 4.9

[https://www.electrofitness.com/gym/oakland/bft-rockridge-oakland\\_170124.php](https://www.electrofitness.com/gym/oakland/bft-rockridge-oakland_170124.php)



*oakland*

### *Bft Rockridge - Oakland*

#### **Exploring BFT Rockridge Gym in Oakland, California**

Welcome to **\*\*BFT Rockridge\*\***, a premier fitness destination that blends strength training with cardio exercises in a community-focused environment. With a range of amenities and a supportive community, this gym is designed for everyone from beginners to seasoned athletes.

#### **Amenities That Enhance Your Workout Experience**

BFT Rockridge boasts a variety of excellent amenities that cater to its members' needs. The state-of-the-art equipment allows for a comprehensive

workout experience, while the facility itself is clean and well-maintained. Members appreciate the **heart rate monitoring technology**, which helps track progress and encourages optimal performance during workouts. Despite some concerns about space during peak times, most members agree that the wide selection of equipment ensures you are never left wanting. The **cleanliness** and quality of the facilities further enhance the overall experience, making BFT a great place to work out.

### **Accessibility for All Fitness Levels**

Accessibility is a key feature at BFT Rockridge. Whether you're just starting your fitness journey or looking to enhance your skills, this gym provides an inclusive environment for all members. The coaches are known for their personalized attention, ensuring everyone receives proper guidance on form and technique to avoid injury. This is particularly beneficial for newcomers who may feel intimidated in traditional gym settings. Additionally, BFT offers a **wheelchair-accessible entrance**, making it easier for everyone to access the gym and participate in classes without barriers.

### **Restroom Facilities: Comfort and Convenience**

When it comes to convenience, BFT Rockridge understands the importance of comfortable restroom facilities. The gym is equipped with well-maintained **toilet** facilities that ensure a pleasant experience for all members. While there are no showers available, the free garage parking is a welcome amenity for those coming from afar.

### **Conclusion: A Community Driven by Fitness**

BFT Rockridge stands out as a fitness center that prioritizes community, accessibility, and effective training. With friendly staff and knowledgeable coaches, members leave feeling accomplished after every session. The variety of classes and focus on personal growth make it a perfect fit for anyone looking to improve their fitness. If you're in Oakland and seeking a welcoming gym experience, look no further than **BFT Rockridge**. You won't regret stepping through those doors—join the community today!

### **We are positioned at**

*5151 Broadway, 94611 Oakland, California - United States (US)*

The phone number of said **Gym** is +1510-735-0010

And if you want to send a WhatsApp, you can do so at +1510-735-0010

### **We are open during the following hours:**

Day Hours  
Monday  
6?AM–8?PM  
Tuesday  
6?AM–8?PM  
Wednesday  
8–11:30?AM  
Thursday  
Closed  
Friday  
6?AM–8?PM  
Saturday  
6?AM–8?PM  
Sunday  
6?AM–8?PM

The website is [BFT Rockridge](#)

If necessary to alter any element that you feel is incorrect regarding this portal, we ask deliver a message and we will handle it as soon as possible. With anticipation thanks for your cooperation.

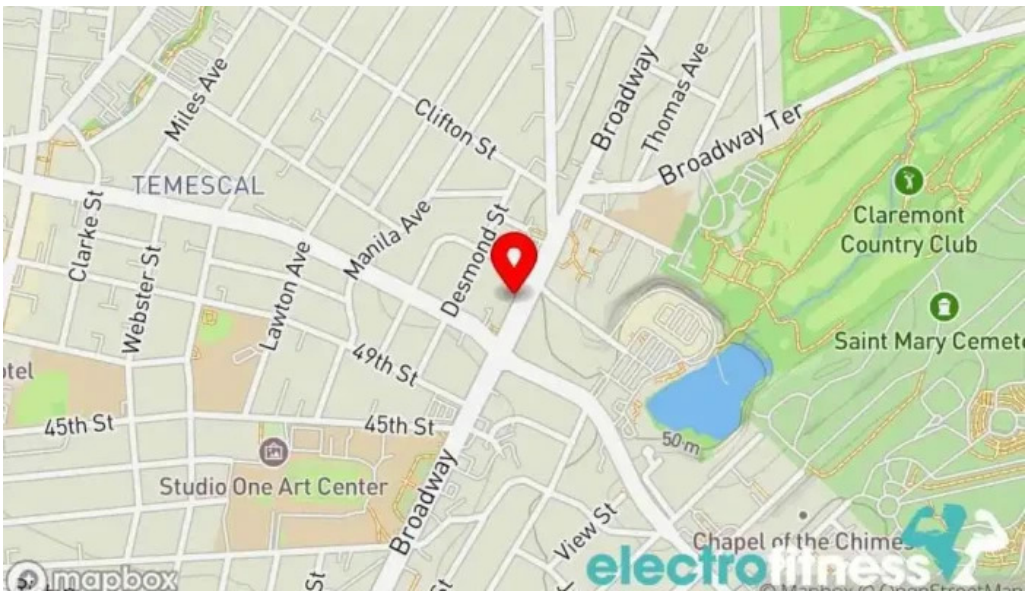
## Images



*Bft rockridge street view 360deg*

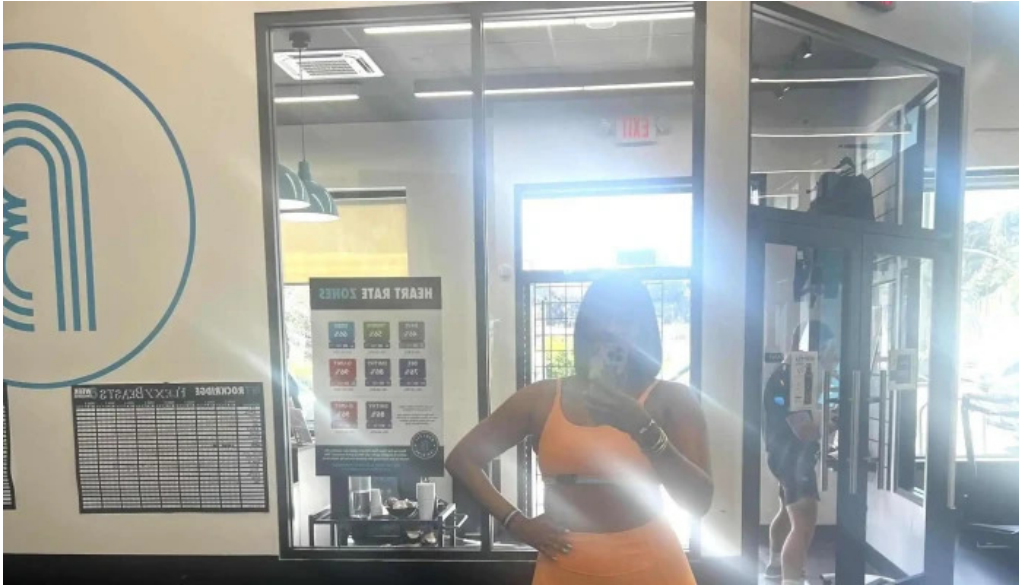


*Bft rockridge oakland*



*Bft rockridge map*





*Bft rockridge gym*



*Bft rockridge exercise machine*



*Bft rockridge by owner*



*Bft rockridge all*

## Tags

*Wheelchair-accessible entrance, Amenities, Accessibility, Toilet*

## Related content

---

4.5 \* *Crunch Fitness - Pharr - Pharr*

---

5.0 \* *The Yoga Room - Crown Point*

---

4.8 \* *Fitness Evolution - St John*

---

4.0 \* *Sage Yoga Center - Abilene*

5.0 *	<i>Life Power Llc - Merrillville</i>
4.0 *	<i>Crunch Fitness - Abilene - Abilene</i>
3.7 *	<i>One More Gym - Kokomo</i>
4.0 *	<i>Gold's Gym - Pharr</i>
5.0 *	<i>Sweat 219 - Valparaiso</i>
5.0 *	<i>Kk Pilates Nwi - Crown Point</i>

## Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
dance school
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hair salon
health consultant
hiking area
hospital
hotel

indoor cycling
jujitsu school
karate school
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
non-profit organization
park
personal trainer
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga studio