

## Fitness Sf - Oakland - Oakland

oakland

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## *Fitness Sf - Oakland - Oakland*

### Discover Fitness SF - Oakland: A Comprehensive Overview

Fitness SF - Oakland is a gym that aims to create an inclusive and friendly atmosphere for all its members, including being **LGBTQ+ friendly**. This gym is designed for everyone looking to improve their health in a welcoming environment.

#### Accessibility

The facility offers several **accessibility** options, including a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**,

making it easier for everyone to enjoy their fitness journey. Members appreciate the attention to detail, ensuring that all areas are accessible to those who need it.

## The Atmosphere

Fitness SF prides itself on maintaining a relaxed yet motivating **atmosphere**. Reviewers have commented on the friendly crowd and supportive community where individuals of all shapes and fitness levels can train comfortably. However, it's worth noting that during peak hours, it can feel crowded, which might detract from the overall experience.

## Service Options and On-Site Services

The gym offers various **service options**, including personal training sessions with skilled trainers like Yuri and Jeremy, who have received positive feedback for their ability to tailor workouts to individual needs. Members appreciate the **on-site services** such as towel service and the availability of massage guns, adding value to the overall gym experience.

## Planning Your Visit

For an optimal workout experience, it's advisable to plan your visits. The gym tends to get busy during specific times, typically between 5 PM and 7 PM. To avoid long waits for equipment, consider visiting during off-peak hours instead.

## Facilities and Equipment

While many users have praised the gym's cleanliness and well-maintained equipment, some have noted that the space can get hot, especially on the second floor where air conditioning isn't always optimal. The **showers** have received positive remarks for their recent upgrades, providing a comforting end to a workout session. Despite having a variety of machines, members have pointed out a need for potential updates to older equipment. Nonetheless, the gym is equipped with essential workout tools needed for a comprehensive fitness routine.

## Community Feedback and Crowd

The **crowd** at Fitness SF - Oakland is generally described as friendly, but there are occasional complaints regarding gym etiquette. Some members have reported encounters with individuals not adhering to common courtesy within shared spaces. However, most find it a supportive environment conducive to personal growth.

## Membership Requirements

A **membership is required** to access the gym facilities, which has led to mixed reviews regarding the pricing structure and the perceived value. While some members appreciate the affordability compared to other gyms, others

have expressed frustration over billing practices and unexpected charges.

## Final Thoughts

In summary, Fitness SF - Oakland offers a solid gym experience bolstered by an inclusive environment and dedicated staff. With its wide range of equipment and welcoming atmosphere, it's a great choice for individuals looking to enhance their fitness journey. However, potential members should be aware of peak hours, membership requirements, and some ongoing operational challenges.

### Our business is found at

600 Grand Ave, 94610 Oakland, California - United States (US)

The phone of the respective **Gym** is +1415-348-6377

And if you want to send a WhatsApp, you can do so at +1415-348-6377

### Our service hours are:

Day Hours  
Monday  
5?AM–10?PM  
Tuesday  
5?AM–10?PM  
Wednesday  
5?AM–10?PM  
Thursday  
5?AM–10?PM  
Friday  
7?AM–8?PM  
Saturday  
7?AM–8?PM  
Sunday  
5?AM–10?PM

The website is FITNESS SF - Oakland

If necessary to modify any information that you believe is incorrect concerning this web, we urge you to send us a message and we will handle it promptly. With anticipation thank you very much.

## Images



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*Planning, On-site services, Wheelchair-accessible entrance, Accessibility, LGBTQ+ friendly, Shower, Crowd, Wheelchair-accessible car park, Service options, Atmosphere, Membership required*

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basketball court
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boxing ring
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convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy

fitness
fitness center
fitness equipment wholesaler
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gymnastics center
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karate school
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kinesiotherapist
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martial arts school
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massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer

pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
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wellness center
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