

## Four Elements Fitness - Oakland

oakland

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## *Four Elements Fitness - Oakland*

### Discover Four Elements Fitness: An Inclusive Gym in Oakland

Four Elements Fitness is not just a gym; it's a vibrant community that welcomes individuals from all walks of life. Located in Oakland, California, this martial arts center focuses on creating a safe and accessible environment for everyone. With a strong commitment to inclusivity, Four Elements Fitness has earned a reputation as one of the most welcoming gyms in the East Bay.

### Accessibility Features

At Four Elements Fitness, accessibility is a priority. The facility boasts a

**\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, ensuring that everyone can easily access the gym. This dedication to accessibility makes it a standout choice for individuals with varying needs.

## **A Community-Driven Environment**

Owned by women and proudly queer-owned, Four Elements Fitness creates an atmosphere where people of all genders and orientations feel comfortable. The gym is known for being beginner-friendly while also catering to advanced practitioners. Members rave about their experiences, describing the supportive environment that helps them grow, learn new techniques, and develop their self-defense skills.

## **Diverse Class Offerings**

Four Elements Fitness offers a variety of classes, including kickboxing, Brazilian Jiu-Jitsu (BJJ), mobility training, and even body-positive yoga. Each class is led by knowledgeable instructors who tailor the activities to individual capabilities, making it suitable for everyone. The gym's non-profit initiative, Tuff Love, organizes free self-defense classes specifically for women, POC, LGBTQ+ individuals, and assault survivors, further exemplifying its commitment to the community.

## **Knowledgeable Instructors**

The instructors at Four Elements Fitness are praised for their warmth and expertise. They provide classes that are both challenging and supportive. Many members highlight the instructors' ability to adapt workouts to accommodate injuries or various fitness levels, allowing everyone to participate fully.

## **A Safe Space for All**

Above all, Four Elements Fitness is dedicated to being a safe training space for everyone, regardless of race, gender identity, or ability. Comments from members emphasize the gym's respectful and welcoming nature, making it a place where individuals can be themselves without fear of judgment.

## **Conclusion**

Whether you are looking to try martial arts for the first time or looking to enhance your existing skills, Four Elements Fitness in Oakland, California, provides an inclusive and accessible environment for all. With its wheelchair-accessible facilities and a diverse range of classes, it stands out as a gem in the heart of Oakland's fitness community. Join today and become part of a supportive family that celebrates diversity and promotes physical empowerment!

**The location of our premises is**

322 Frank H. Ogawa Plaza, 94612 Oakland, California - United States (US)

The contact line of the respective **Gym** is +1510-394-2282

And if you want to send a WhatsApp, you can do so at +1510-394-2282

### **We open at the following schedule:**

Day	Hours
Monday	6:15–8:30?PM
Tuesday	6:15–8:30?PM
Wednesday	6:15–8:30?PM
Thursday	6–8:30?PM
Friday	9–11?AM
Saturday	Closed
Sunday	6:15–8:30?PM

The website is FOUR Elements Fitness

If you require to adjust any information that you believe is not precise related to this page, we kindly request forward a message so that we will fix it promptly. With anticipation thank you very much.

### **Images**



*Four elements fitness where*

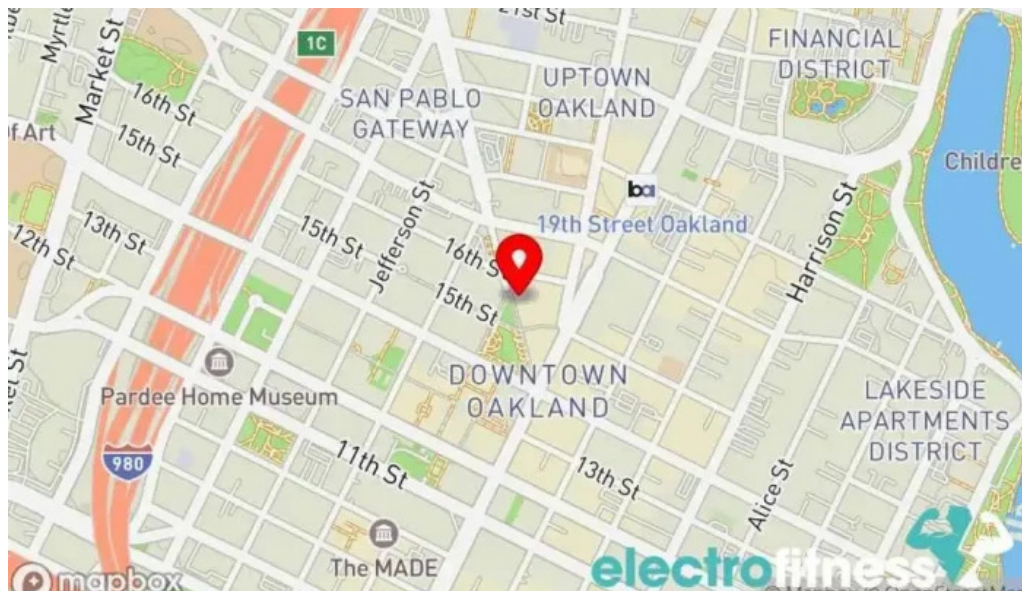


*Four elements fitness street view 360deg*





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## Tags

*Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance*

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physical fitness program
physical therapist
physical therapy clinic
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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
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