

Montclair Fitness - Oakland

oakland

☐ I'm not a robot



Published on: 06/05/25	Hits: 117
Comments: 0	See comments
Votes: 13	Score: 4.2

https://www.electrofitness.com/gym/oakland/montclair-fitness-oakland_271877.php



oakland

Montclair Fitness - Oakland

Exploring Montclair Fitness: Your Local Oakland Gym

Montclair Fitness, located in the heart of Oakland, California, is a ****small yet welcoming gym**** that caters to individuals of all fitness levels. This family-owned establishment provides a unique atmosphere, allowing you to work out at your own pace without feeling pressured.

Planning Your Visit

When planning your visit to Montclair Fitness, it's essential to note that ****membership is required**** for access to the gym's facilities. Upon entering,

you'll find a **wheelchair-accessible entrance** and nearby **wheelchair-accessible car park**, ensuring convenience for all members, including those with mobility challenges.

Facilities and Equipment

The gym is equipped with all necessary **Cybex strength machines** that cater to users of varying experience levels. Whether you're a novice or a seasoned athlete, Montclair Fitness has the equipment to meet your fitness needs. However, some members have expressed concerns regarding the limited facility offerings compared to larger gyms, which may include pools and additional amenities.

A Welcoming Environment

Customers often describe Montclair Fitness as a **friendly neighborhood gym** where members quickly become part of the family. Owners Dave and Kelly are known for their approachable nature, creating a community-driven environment that keeps people coming back year after year. Personal training sessions are available with Dave, but there's never any pressure to commit.

Considerations Before Joining

While many appreciate the **great service and low-pressure atmosphere**, some reviews indicate that the gym could be expensive compared to other local options that offer a broader range of amenities. It's wise to consider what you value most in a gym experience when making your decision.

Conclusion

In summary, Montclair Fitness stands out for its **neighborhood charm and commitment to accessibility**. With **early hours** and a friendly atmosphere, it is an ideal choice for anyone seeking a personal touch in their fitness journey. Next time you're in Oakland, consider stopping by Montclair Fitness for a workout that embraces both community and individual growth.

You can find us in

2220 Mountain Blvd, 94611 Oakland, California - United States (US)

The contact line of said **Gym** is +1510-530-4000

And if you want to send a WhatsApp, you can do so at +1510-530-4000

We are open during the following hours:

Day Hours
Monday

5?AM–8?PM

Tuesday

5?AM–8?PM

Wednesday

5?AM–8?PM

Thursday

5?AM–8?PM

Friday

5?AM–6?PM

Saturday

10?AM–6?PM

Sunday

5?AM–8?PM

The website is [Montclair Fitness](#)

If you need to alter any detail that you consider is not accurate about this site, we urge you to send us a message and we will handle it at the earliest convenience. Thank you in advance thanks.

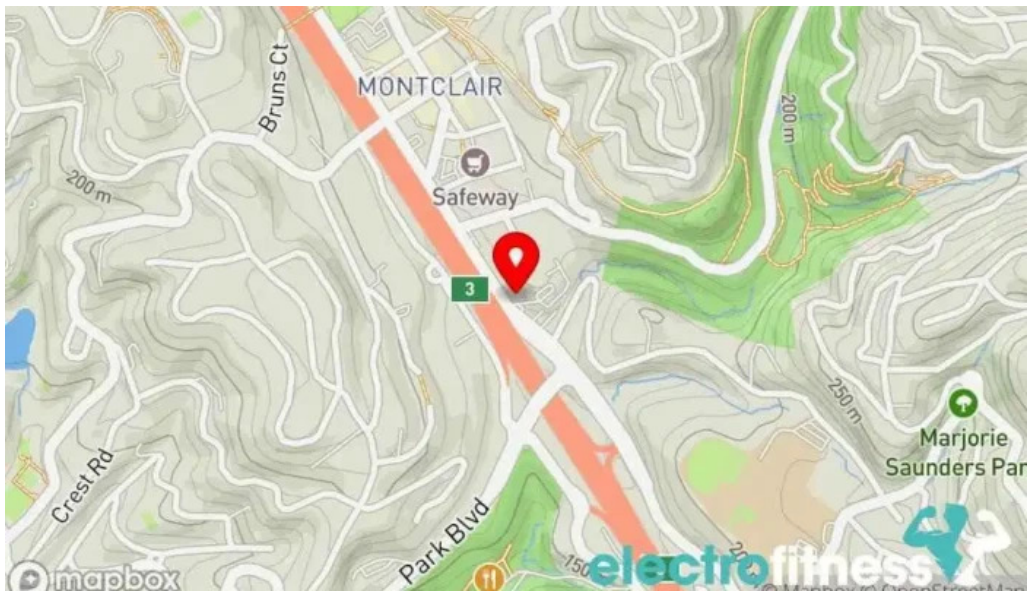
Images



Montclair fitness street view 360deg



Montclair fitness oakland



Montclair fitness map



Montclair fitness all

Tags

Wheelchair-accessible car park, Membership required, Wheelchair-accessible entrance, Planning, Accessibility

Related content

4.7 * *Powerform - Oakland*

4.9 * *Bft Rockridge - Oakland*

5.0 * *Impower Sports Performance and Rehab - Walnut Creek*

4.9 * *Loosen Up Bodywork & Massage - Walnut Creek*

4.9 * *Orangetheory Fitness - Dyer*

4.8 * *Anytime Fitness - Columbia*

5.0 * *Studio Ex Cycle & Group Fitness - Hyannis*

4.9 * *Soldierfit Columbia - Columbia*

4.8 * *Orangetheory Fitness - Spokane*

4.9 * *Alachua Yoga Center - Alachua*

Categories

academic department

acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
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
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
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
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center

wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization