

Montclair Fitness - Oakland

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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.

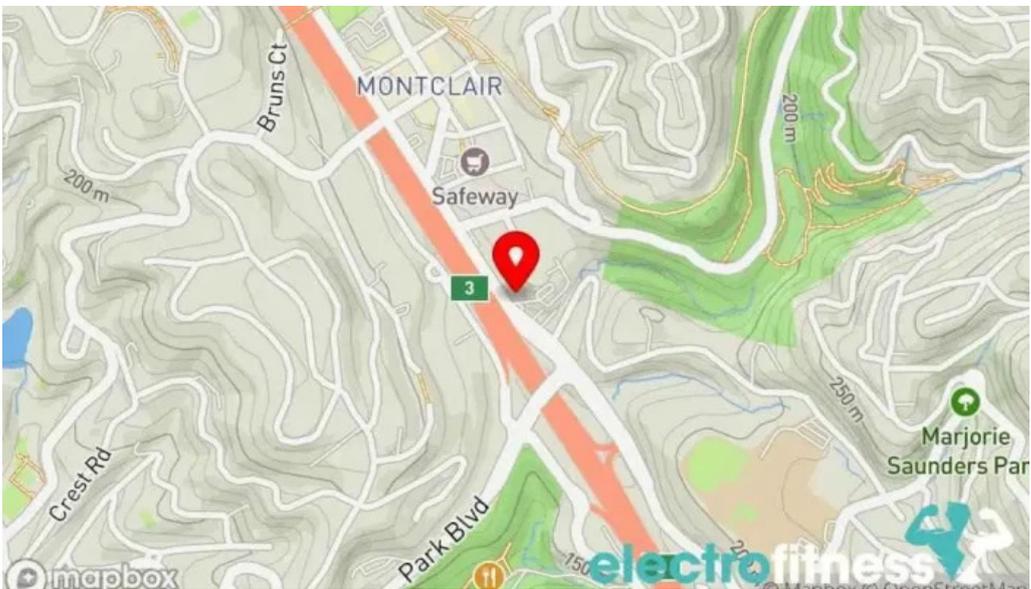
Images



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

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rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
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sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
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