

Oakland Strength Factory - Oakland

oakland

☐ I'm not a robot 
RECAPTCHA

Published on: 05/05/25	Hits: 150
Comments: 0	See comments
Votes: 15	Score: 4.5

https://www.electrofitness.com/gym/oakland/oakland-strength-factory-oakland_271691.php



oakland

Oakland Strength Factory - Oakland

Welcome to Oakland Strength Factory

If you're looking for a gym that emphasizes strength training in a welcoming environment, **Oakland Strength Factory** in Oakland, California, is the place to be. With a variety of equipment and a supportive community, it stands out as a top choice for fitness enthusiasts.

Accessibility Matters

The gym prioritizes **accessibility** for all members. It features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy their workout without barriers.

Membership Required

While you'll need a **membership** to enter, this investment pays off with access to high-quality equipment and personalized attention from knowledgeable trainers. The atmosphere at Oakland Strength Factory fosters a sense of community, making it ideal for both beginners and seasoned athletes.

Planning Your Visits

As you plan your visits, you'll appreciate that the gym is never overcrowded. Many members have noted how they can easily complete their workouts, even during peak hours. The intimate setting allows individuals to work out at their own pace while enjoying a friendly vibe.

High-Quality Equipment and Expert Trainers

Members rave about the variety of equipment available, including sleds, suspension trainers, and multiple squat racks. Jeff, one of the expert trainers, places a strong emphasis on perfect form and injury prevention. His approach includes not only strength building but also crucial stretching and recovery routines. Attendees report feeling stronger and more flexible after incorporating these practices into their workouts.

A Supportive Community

The gym promotes a comfortable atmosphere where members feel free to ask questions and seek guidance. The diverse clientele creates a balanced environment that supports everyone in reaching their fitness goals.

Additional Highlights

Located in the same shopping center as Loard's Ice Cream, the gym may appear small from the outside, but it surprises first-time visitors with its spacious interior. The friendly neighborhood vibe, combined with serious training facilities, makes it a unique spot for fitness.

Final Thoughts

Whether you're an athlete training for competition or someone looking to improve overall well-being, Oakland Strength Factory offers the tools you need

to succeed. With an emphasis on safety, form, and community support, this gym is designed for anyone looking to enhance their fitness journey. Don't miss out on this gem in Oakland!

The location of our business is in

2819 MacArthur Blvd, 94602 Oakland, California - United States (US)

The contact line of the mentioned **Gym** is +1510-227-8069

And if you want to send a WhatsApp, you can do so at +1510-227-8069

Our public attention hours are:

Day Hours
Monday
6?AM–8?PM
Tuesday
6?AM–8?PM
Wednesday
6?AM–8?PM
Thursday
7?AM–7?PM
Friday
8?AM–12?PM
Saturday
8?AM–12?PM
Sunday
6?AM–8?PM

If you wish to modify any element that you believe is not accurate about this portal, we urge you to deliver a message and we will handle it at the earliest convenience. With anticipation thank you very much.

Images



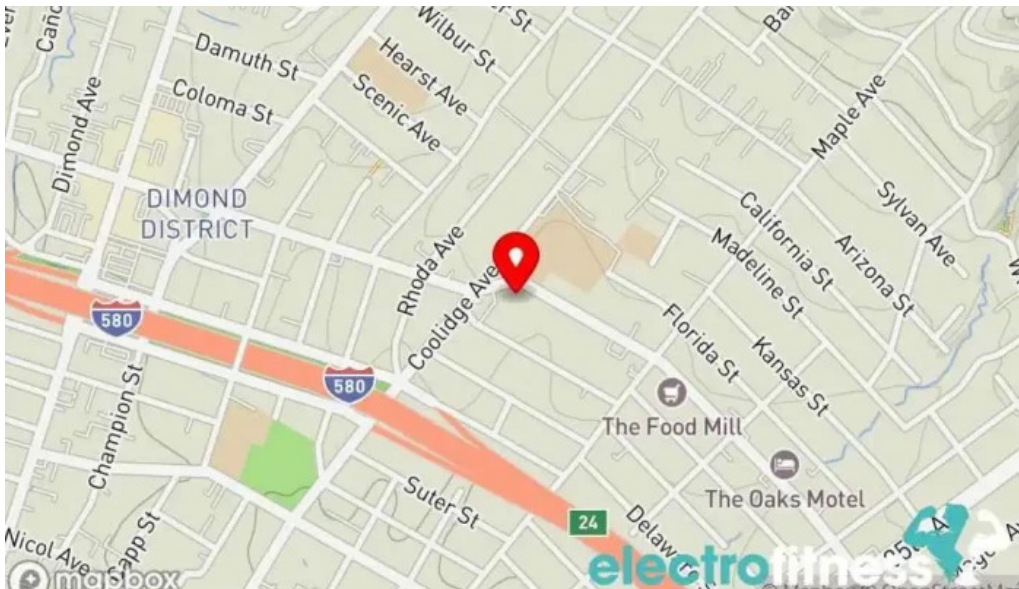
Oakland strength factory videos



Oakland strength factory street view 360deg



Oakland strength factory oakland



Oakland strength factory map



Oakland strength factory exercise machine



Oakland strength factory all

Tags

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

Related content

4.8 * *Idaho Fitness Factory Victory - Meridian*

4.9 * *The Endurance Factory Fitness - Home of CrossFit Tef - Savage*

4.8 * *Fit Factory Fitness Center - Brandon*

5.0 * *Brickhouse Fitbody Factory - Waldorf*

4.1 *	<i>Idaho Fitness Factory State Street - Boise</i>
3.9 *	<i>Idaho Fitness Factory Paramount - Meridian</i>
5.0 *	<i>The 55 Performance Factory - Stilwell</i>
4.4 *	<i>Idaho Fitness Factory Fairview - Boise</i>
4.2 *	<i>Idaho Fitness Factory Franklin - Meridian</i>
4.6 *	<i>Idaho Fitness Factory Overland - Boise</i>

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