

Oakland Ymca - Oakland

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Oakland Ymca - Oakland

Welcome to the Oakland YMCA: A Community Fitness Hub

The **Oakland YMCA** in California is more than just a gym; it's a vibrant community space that offers a variety of **amenities** catering to all fitness enthusiasts. From a well-equipped **basketball court** to a relaxing **sauna**, this facility is committed to promoting health and wellness for all ages.

Facilities and Services

The YMCA features a spacious **swimming pool**, perfect for lap swimming or joining one of the popular **water aerobics classes** held on Wednesdays at 9 am. The pool area is designed with multiple lanes to accommodate swimmers of different speeds—making it suitable for beginners and intermediates alike. In addition to aquatic activities, the gym offers comprehensive **online classes**, providing flexibility for those who prefer to work out at home. For members who visit the facility, there are also well-maintained **showers** and locker rooms equipped with full amenities. You can easily enjoy your workout and refresh afterwards!

Accessibility and Membership

The Oakland YMCA ensures that everyone can enjoy its offerings, including a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. However, please note that a **membership is required** to access many of its services. Monthly memberships start at \$45, which includes unlimited use of the gym and additional services.

The Atmosphere and Community

With a welcoming atmosphere, the Oakland YMCA attracts a diverse mix of individuals. Members appreciate the friendly staff who create a positive environment, though some reviews suggest improvements in customer service consistency. Many users find that the overall vibe is supportive and focused on fitness. Interactions between members are often warm and inclusive, contributing to an enjoyable experience.

Planning Your Visit

When planning your visit, take into account that the facility tends to be less crowded during weekday mornings. Weekends can become busy, especially around closing time, so arriving early will ensure you have ample time for your workout and **on-site services**.

Conclusion

Overall, the Oakland YMCA stands out as a great choice for anyone looking to improve their health and engage with the community. With a variety of activities, a clean and spacious environment, and numerous **outdoor services**, it serves as an excellent fitness destination for individuals and families alike.

The location of our business is in

2350 Broadway, 94612 Oakland, California - United States (US)

The phone number of the mentioned **Gym** is +1510-451-9622
And if you want to send a WhatsApp, you can do so at +1510-451-9622

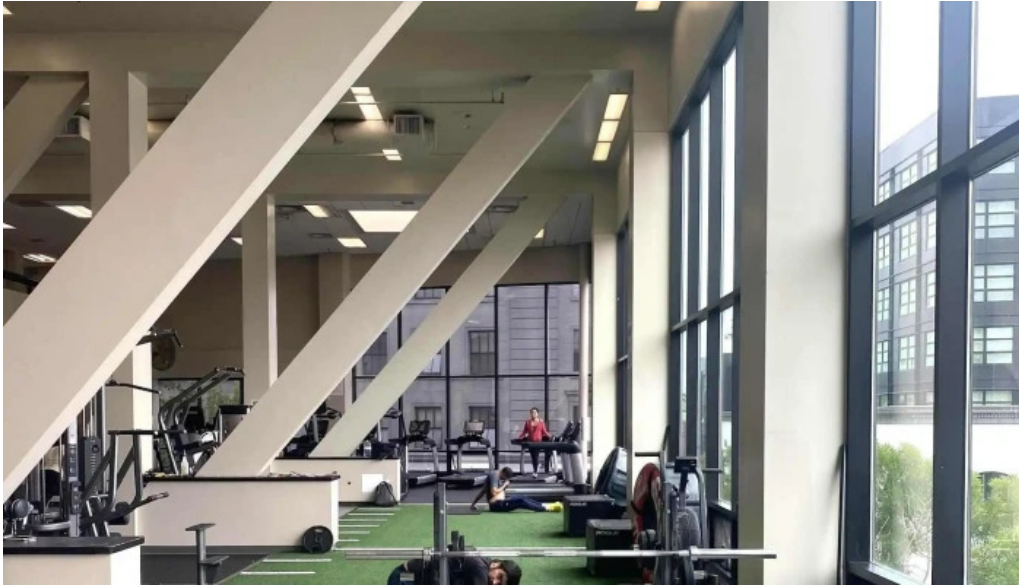
Our opening hours are:

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–8?PM
Friday	7?AM–5?PM
Saturday	7?AM–5?PM
Sunday	5?AM–9?PM

The website is Oakland YMCA

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Thank you in advance thanks.

Images



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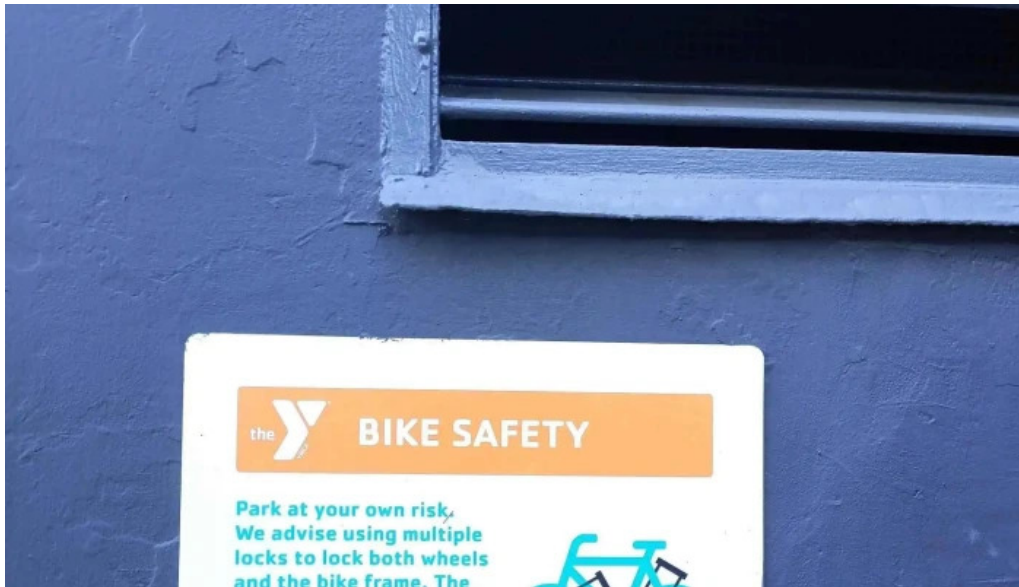
Oakland ymca website



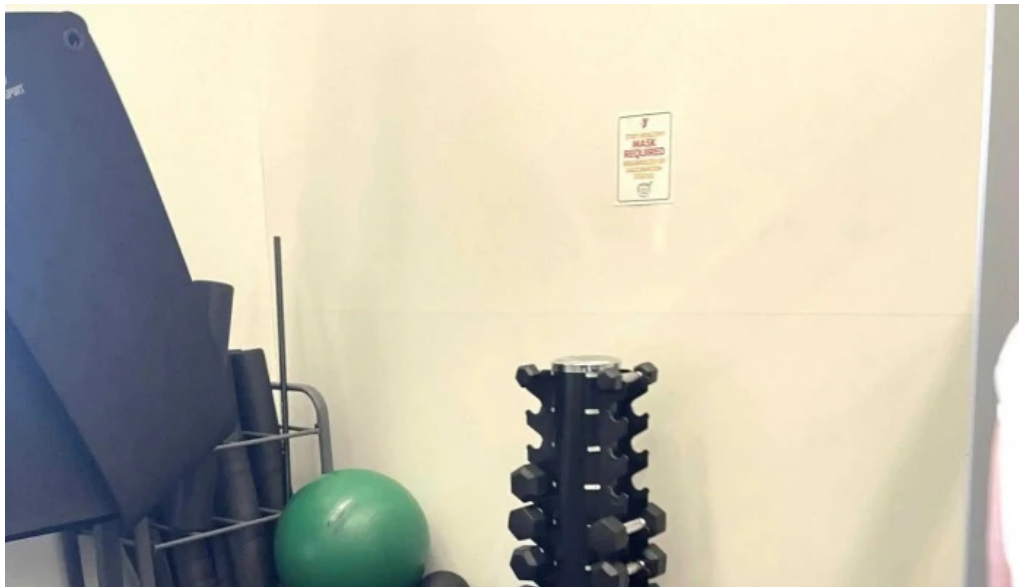
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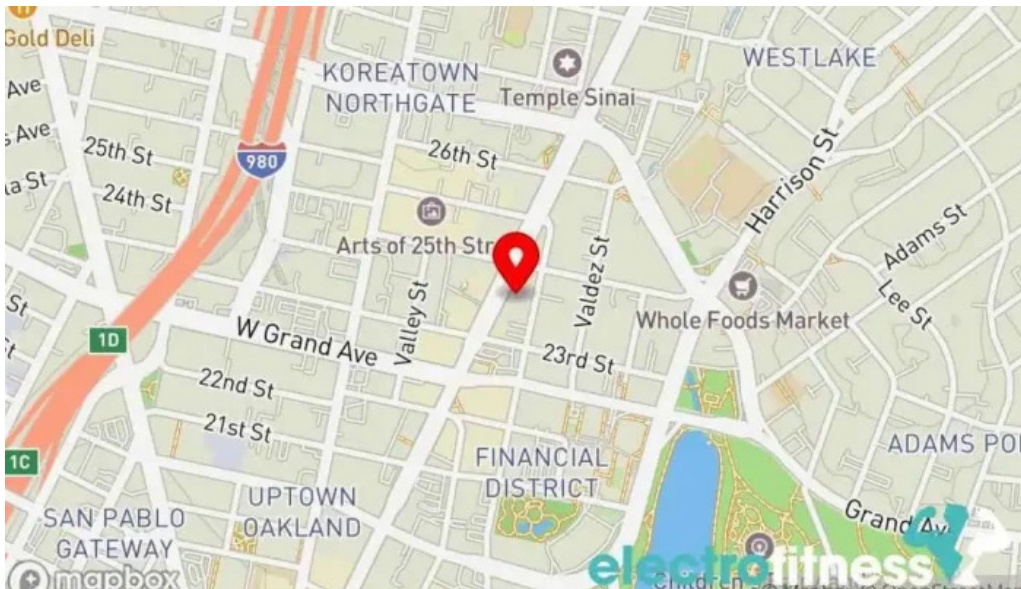
Oakland ymca promotion



Oakland ymca oakland



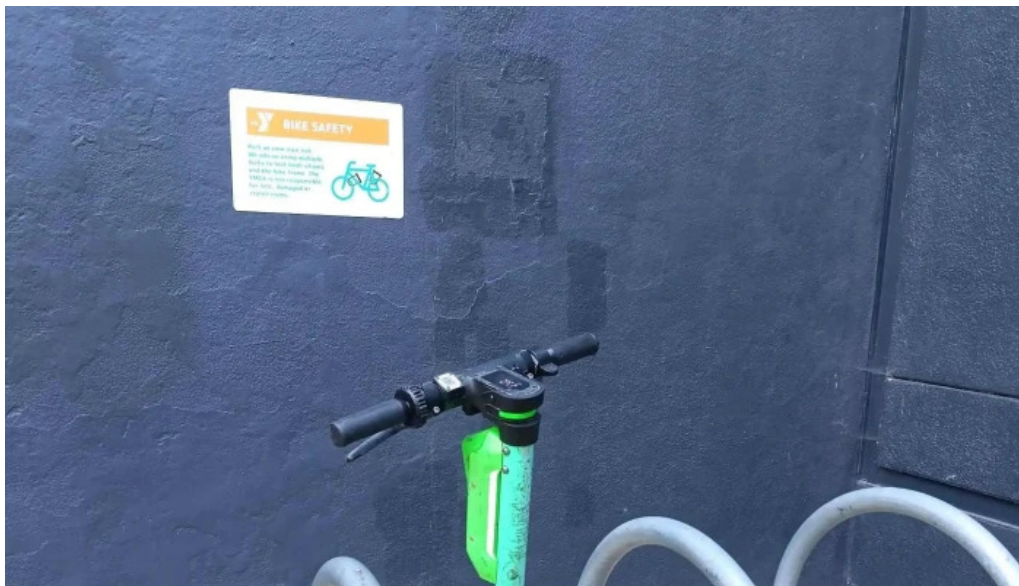
Oakland ymca number



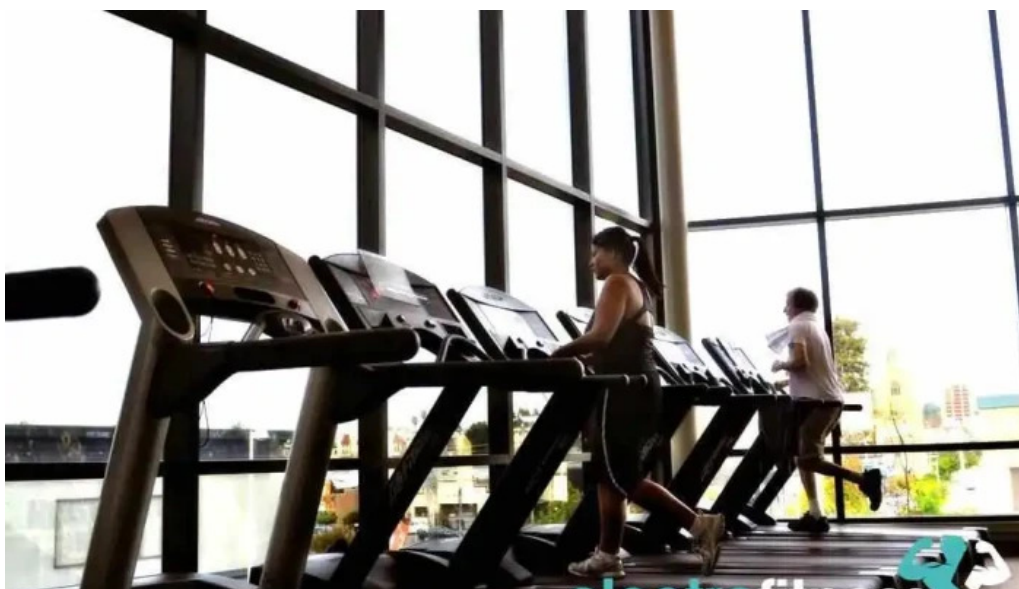
Oakland ymca map



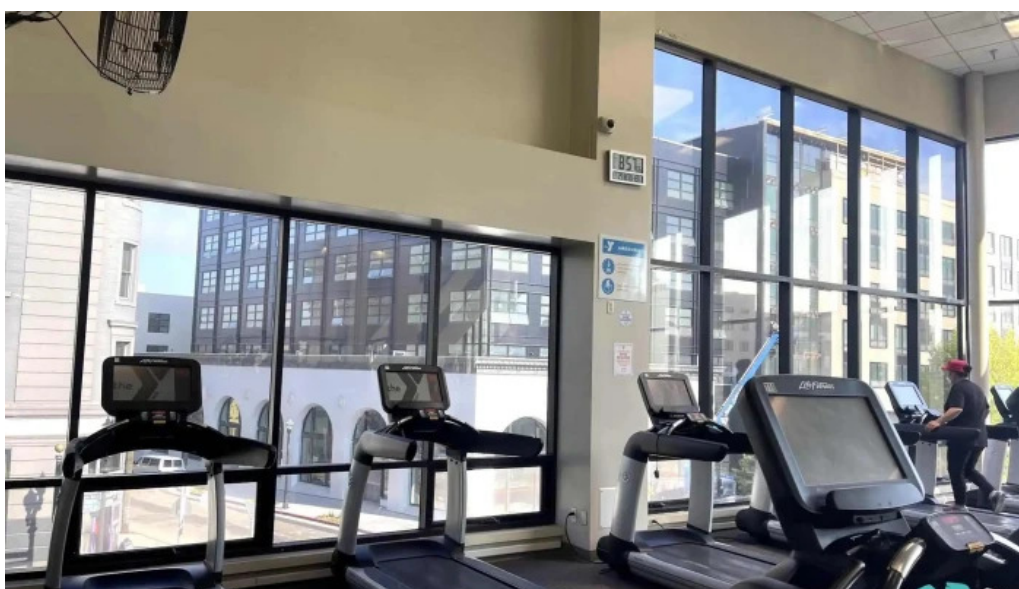
Oakland ymca location



Oakland ymca gym



Oakland ymca by owner



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Tags

Wheelchair-accessible entrance, Amenities, Outdoor services, Atmosphere, Service options, On-site services, Shower, Planning, Online classes, Wheelchair-accessible car park, Basketball court, Swimming pool, Membership required, Accessibility, Sauna

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