

Ownit Rx - Oakland

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Ownit Rx - Oakland

Ownit Rx: A Community-Centric Gym in Oakland, California

Located in Oakland, California, **Ownit Rx** is not just a gym—it's a thriving community that promotes well-being and fitness for all individuals. This Black-owned and women-owned establishment prides itself on accessibility and inclusivity, ensuring everyone feels welcome as they embark on their fitness journey.

Accessibility and Amenities

One of the standout features of Ownit Rx is its commitment to accessibility. The gym boasts a **wheelchair-accessible entrance** and a fully equipped **wheelchair-accessible toilet**. Additionally, gender-neutral toilets are available, ensuring a comfortable experience for all members.

Diverse Service Options

From personal training sessions to **online classes**, Ownit Rx offers a range of **service options** tailored to meet the unique needs of its community. Members can participate in challenging group workouts that are designed to accommodate various skill levels and fitness goals. The small class sizes allow for individualized attention from trainers like Fabien, who adapt exercises based on personal abilities, making it suitable for both beginners and experienced athletes.

Powerful Community Support

Testimonials from members highlight the strong sense of community at Ownit Rx. Many have expressed how the supportive atmosphere has transformed their approach to fitness. One member shared, "Despite being immediately welcomed by Fabien and the others in class, I still struggled to go. For months I came maybe once a week... Now I look forward to working out." This sentiment reflects the encouraging environment cultivated among members, reinforcing each individual's progress.

On-Site Services and Class Structure

Class structures vary, providing a mix of rigorous strength training, high-intensity conditioning, and functional fitness. The emphasis on group training helps to build camaraderie while pushing individuals to achieve their best. Ownit Rx also encourages social connections through events and challenges, fostering a vibrant community spirit.

The Experience at Ownit Rx

Members appreciate the cleanliness and modernity of the facility, along with top-notch equipment. The **wheelchair-accessible car park** ensures that everyone can access the gym easily. Many have mentioned how the environment feels like family, stating, "You'll not only walk out of there with a better body, but also great connections and a family."

Conclusion: Join the Ownit Rx Community

With a focus on holistic wellness that extends beyond physical fitness, Ownit Rx stands out as a premier gym in Oakland. As one member stated, "It's more than a gym, it's a lifestyle." If you're looking for a space that combines top-tier training, accessibility, and a welcoming community, **Ownit Rx** is undoubtedly the place for you. Sign up today for a free consultation and take the first step toward transforming your fitness journey!

We are based in

Mailbox #2, 2850 Hannah St Suite #101, 94608 Oakland, California - United States (US)

The phone number of said **Gym** is +1415-518-6741

And if you want to send a WhatsApp, you can do so at +1415-518-6741

We open at the following schedule:

Day Hours

Monday

6–7?AM 5:30–6:30?PM

Tuesday

6–7?AM 12–1?PM 5:30–6:30?PM

Wednesday

6–7?AM 5:30–6:30?PM

Thursday

6–7?AM 12–1?PM 5:30–6:30?PM

Friday

9–10?AM

Saturday

Closed

Sunday

6–7?AM 12–1?PM 5:30–6:30?PM

The website is Ownit Rx

If necessary to adjust any detail that you feel is not precise about this page, we urge you to forward a message so that we will fix it quickly. Thanks beforehand thank you very much.

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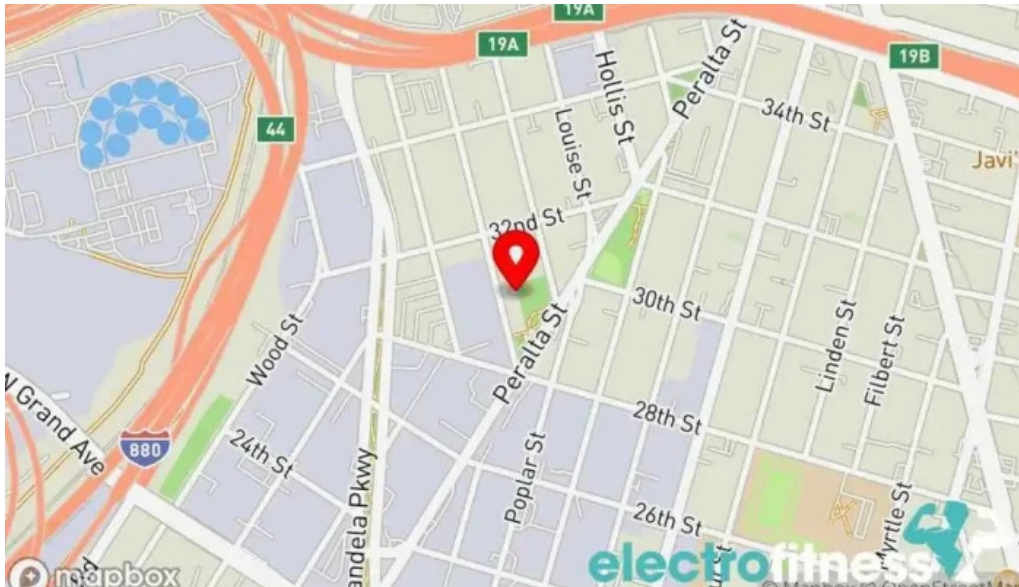
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Tags

Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Identifies as women-owned, Appointment required, From the business, Identifies as Black-owned, Wheelchair-accessible car park, Gender-neutral toilets, Online classes, On-site services, Toilet, Amenities, Service options, Planning

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health consultant
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karate club
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