

Pacific Strength - Oakland

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Pacific Strength - Oakland

Discover Pacific Strength: A Unique Gym Experience in Oakland, California

Pacific Strength (PS) is more than just a gym; it's a community-focused environment designed for individuals of all fitness levels. Located in Oakland, California, this gym offers **on-site services** that cater to both beginners and experienced athletes alike.

Inclusive Atmosphere

The atmosphere at Pacific Strength is welcoming and inclusive, embracing

individuals of all races, sizes, genders, sexual orientations, and nationalities. This commitment to inclusivity makes it a safe space for those who may have struggled to find acceptance in other wellness environments. Members appreciate the **positive reinforcement** provided by coaches like James and his team, fostering an encouraging vibe that helps everyone feel at home.

Exceptional Coaching and Programming

With a focus on individualized attention, Pacific Strength offers **online classes** and personalized coaching to ensure safety and effectiveness. Coaches break down complex movements into manageable chunks, making them accessible for newcomers. The programming is thoughtfully designed, ensuring that every member can work towards their personal fitness goals.

Accessibility for Everyone

Pacific Strength prioritizes **accessibility** with features such as a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. This enables everyone, regardless of physical ability, to participate in fitness activities and become part of the supportive community.

Membership Benefits

A **membership required** at Pacific Strength promises not just access to high-quality workouts but also an investment in a healthier lifestyle. Many members have transformed their fitness journeys through the support and structure provided here. With facilities that include clean shower amenities, members often comment on how refreshing it feels to engage in fitness after a long day.

Building a Strong Community

The sense of community is one of the standout features of Pacific Strength. Many members highlight how the gym fosters friendships and connections. Despite the occasional presence of “macho jerk types,” the overwhelming sentiment is that the gym is populated by friendly, supportive individuals who strive to uplift each other.

Conclusion: Join the Movement at Pacific Strength

In summary, Pacific Strength stands out as a premier destination for fitness in Oakland. With its focus on accessibility, expert coaching, and a warm community atmosphere, it is the perfect place for anyone looking to embark on or continue their fitness journey. Whether you're considering a membership for the first time or returning after a break, Pacific Strength is ready to welcome you with open arms.

The location of our premises is

2344 Harrison St, 94612 Oakland, California - United States (US)

The contact phone of said **Gym** is +1415-413-7076

And if you want to send a WhatsApp, you can do so at +1415-413-7076

You can visit us at the following hours:

Day Hours

Monday

5:30?AM–7:30?PM

Tuesday

5:30?AM–7:30?PM

Wednesday

5:30?AM–7:30?PM

Thursday

5:30?AM–6:30?PM

Friday

8?AM–12:30?PM

Saturday

9–11?AM

Sunday

5:30?AM–7:30?PM

The website is Pacific Strength

If you require to adjust any element that you think is not precise about this web, we urge you to send a message so we can we will handle it promptly. In advance thanks for your cooperation.

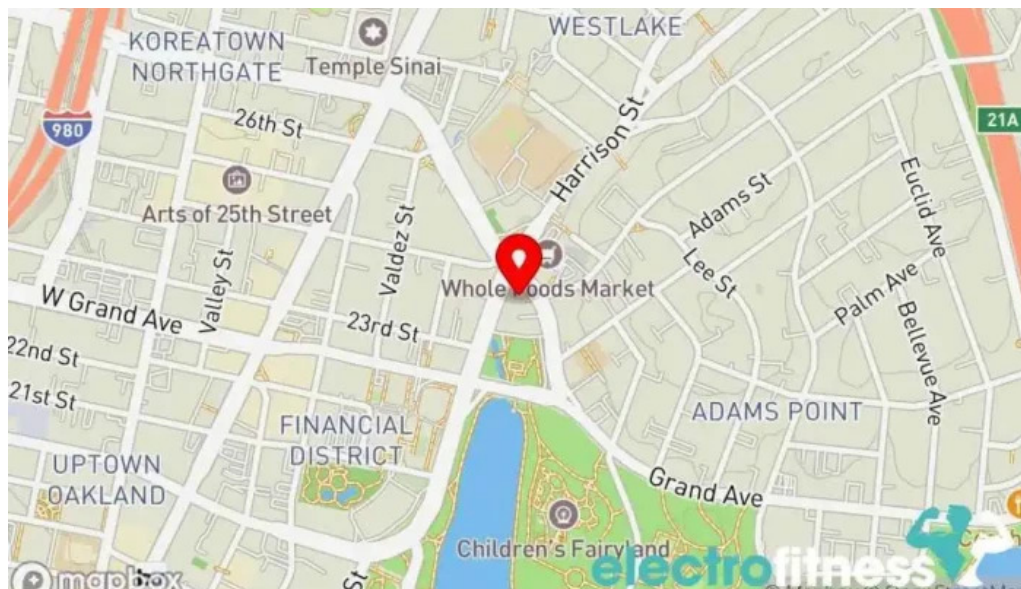
Images



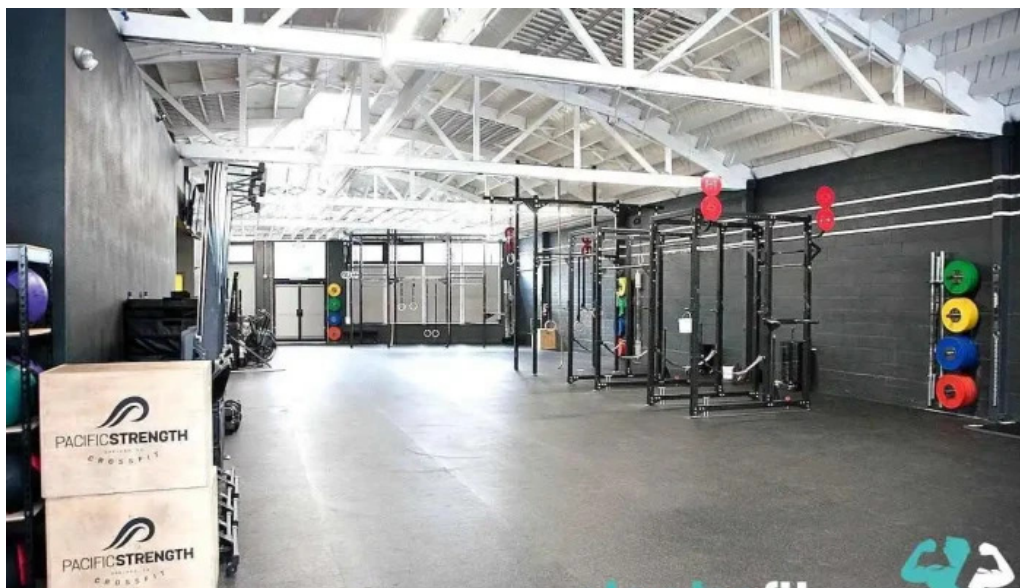
Pacific strength street view 360deg



Pacific strength oakland



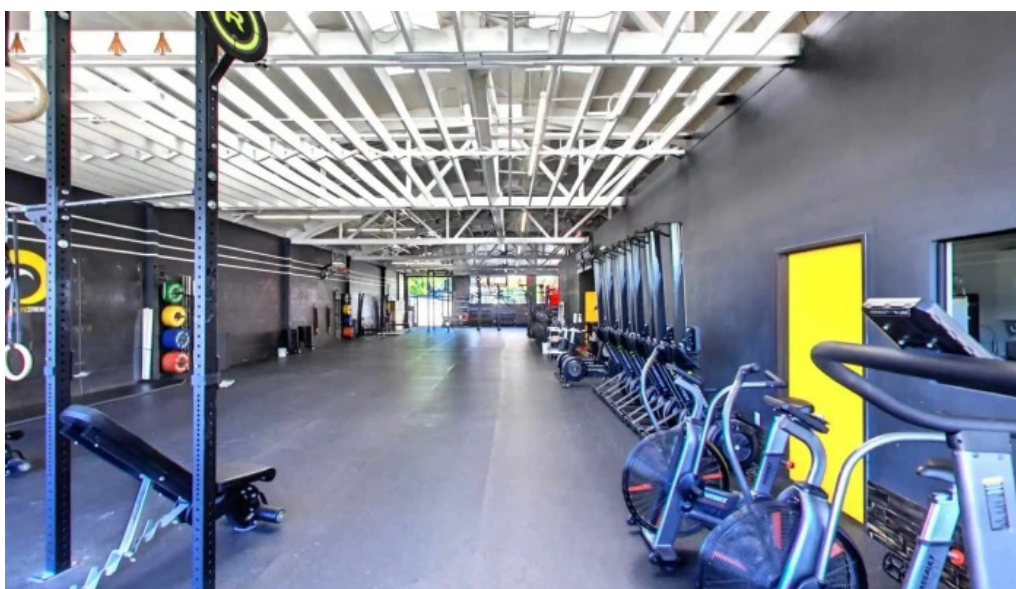
Pacific strength map



Pacific strength gym



Pacific strength by owner



Pacific strength all

Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Membership required, Planning, Accessibility, Atmosphere, On-site services, Shower, Online classes, Service options

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gymnastics center
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massage therapist
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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

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