

## Truve Fit - Oakland

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## *Truve Fit - Oakland*

### **Welcome to Truve Fit: The Heart of Fitness in Oakland, California**

Truve Fit is a vibrant gym situated in the bustling downtown area of Oakland, California. This **\*\*LGBTQ+ friendly\*\*** and welcoming facility stands out not only for its **\*\*diverse community\*\*** but also for its commitment to inclusivity and accessibility.

### **Amenities and Accessibility**

At Truve Fit, you will find a range of **\*\*amenities\*\*** designed to enhance your workout experience, including: - **\*\*Free multi-storey car park\*\*** and **\*\*free**

parking lot\*\* options for ease of access. - \*\*Wheelchair-accessible entrance, seating\*\*, and \*\*toilet facilities\*\* ensure everyone can enjoy their fitness journey. - \*\*Gender-neutral toilets\*\* and \*\*outdoor services\*\* are part of the inclusive atmosphere, catering to all members of the community.

## **Community and Inclusivity**

Truve Fit identifies as a \*\*women-owned\*\*, \*\*Latino-owned\*\*, and \*\*Black-owned\*\* establishment that focuses on building a strong sense of community among its members. The staff is dedicated to providing a \*\*transgender safe space\*\*, ensuring everyone feels comfortable and valued. Many reviewers have highlighted the strong sense of community at Truve. One member expressed, "Truve is a melting pot of different people on different fitness journeys," emphasizing that individuals of all backgrounds and abilities are welcome here.

## **Classes and Personal Training**

Truve offers a variety of classes, including Pilates, HIIT, and yoga, making it suitable for all fitness levels. Many members have praised the personalized attention from trainers, saying, "Alison, the owner, takes the time to understand your fitness goals," and "the trainers are like 1/4 therapist, 1/4 trainer, and 1/4 nutritionist." Online classes are also available, allowing for flexibility in your workout schedule. Members have seen significant results, with one stating, "As a beginner in fitness, I have seen results since I started this journey."

## **Customer Experience**

Customers consistently rave about their experiences at Truve Fit. The friendly and accommodating staff ensures that each visit is enjoyable. One member stated, "It's such an amazing spot...I always feel welcome, engaged, and supported." The gym's facilities are well-maintained, with clean bathrooms and ample equipment, further enhancing the overall experience.

## **Conclusion**

In conclusion, Truve Fit is not just a gym; it's a vibrant community where individuals come together to support and uplift each other on their fitness journeys. With \*\*accessible services\*\*, \*\*personalized training\*\*, and a strong focus on community, Truve Fit is truly a gem in Oakland, California. Whether you're looking to join a class, improve your health, or connect with others, Truve Fit has something for everyone.

## **We are established at**

420 14th St, 94612 Oakland, California - United States (US)

The contact line of said **Gym** is +1510-918-4280

And if you want to send a WhatsApp, you can do so at [+1510-918-4280](https://wa.me/15109184280)

## **We are available at these times:**

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–8?PM
Thursday	5?AM–7:30?PM
Friday	7:30?AM–2:30?PM
Saturday	7?AM–2?PM
Sunday	5?AM–8?PM

The website is [Truve Fit](#)

If you require to adjust any detail that you feel is incorrect about this portal, we urge you to send us a message so that we will correct it as soon as possible. Thank you in advance we appreciate it.

## **Images**



*Truve fit videos*





*Truve fit street view 360deg*



*Truve fit reviews*



*Truve fit open now*

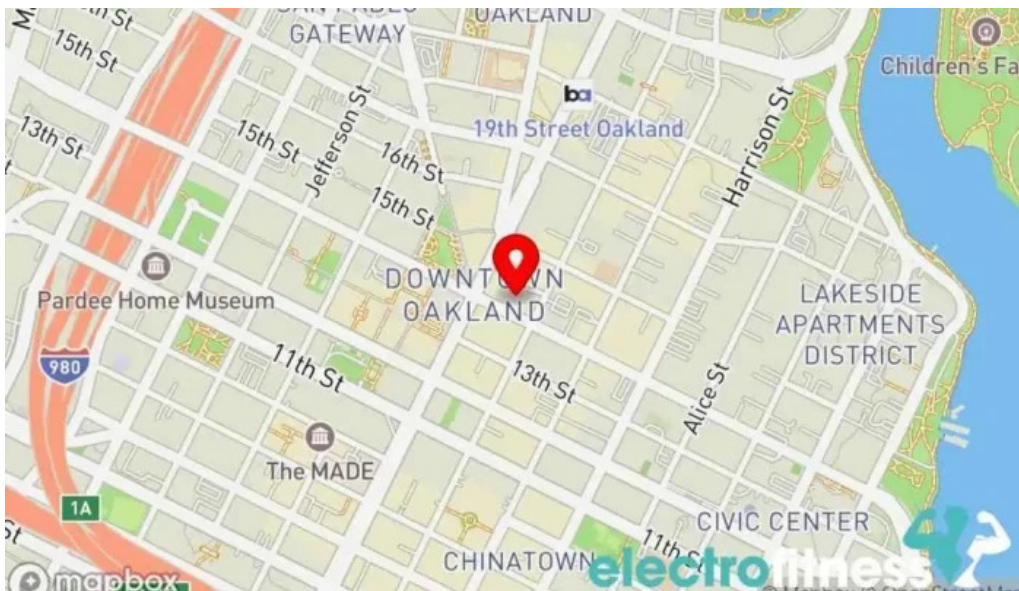


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*Truve fit by owner*





*Truve fit all*

## Tags

*Toilet, Parking, LGBTQ+ friendly, Identifies as Latino-owned, Wheelchair-accessible seating, Service options, Free multi-storey car park, Amenities, Crowd, Accessibility, Outdoor services, Identifies as women-owned, Wi-Fi, Transgender safe space, Wheelchair-accessible entrance, Free parking lot, From the business, Online classes, Gender-neutral toilets, Free of charge street parking, On-site services, Wheelchair-accessible toilet, Identifies as Black-owned*

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academic department
acupuncture clinic
after school program
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aquatic centre
arena
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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
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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
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