

## Oviedo Ymca Family Center - Oviedo

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## Oviedo Ymca Family Center - Oviedo

### Discover the Oviedo YMCA Family Center: A Hub for Fitness and Community

The **Oviedo YMCA Family Center** is an exceptional destination for families and individuals seeking a supportive and inclusive environment to achieve their fitness goals. Located in Oviedo, Florida, this facility stands out with its wide array of amenities, making it a favorite among locals.

### A Welcoming Atmosphere for Everyone

Entering the Oviedo YMCA, you are greeted by a warm and friendly staff that

creates a welcoming atmosphere for all ages and levels of fitness. Whether you're a seasoned athlete or just starting your fitness journey, you'll find a place here. Members appreciate the **clean and modern facilities**, including spacious locker rooms equipped with private showers and even a sauna.

### **Accessibility Features**

For those requiring additional support, the gym boasts a **wheelchair-accessible entrance** and car park. This commitment to accessibility ensures that everyone can enjoy the diverse services offered at the YMCA.

### **Outstanding Amenities and Services**

At the Oviedo YMCA, amenities abound: - **Swimming Pool:** The indoor swimming pool is not only a centerpiece for recreation but also hosts various aqua fitness classes and swim lessons for kids. - **Shower Facilities:** After a workout or swim, members can enjoy the convenience of well-maintained shower booths that offer privacy and comfort. - **Wi-Fi:** Stay connected while you work out with complimentary Wi-Fi throughout the facility. - **Childcare Services:** Families appreciate the excellent childcare staff who engage children in fun activities, allowing parents to work out worry-free.

### **Group Classes and Training Options**

With a variety of **service options**, the Oviedo YMCA offers an extensive list of group classes such as yoga, Pilates, and strength training. Personal trainers, like the knowledgeable Kathy L, provide guidance and motivation tailored to individual needs. The facility encourages participation through exciting community events and engaging programs for all ages.

### **Feedback from the Community**

Many members have shared enthusiastic testimonials about their experiences at the Oviedo YMCA. They highlight the importance of the childcare program, stating it allows busy parents to take time for themselves while ensuring their kids are in a safe and engaging environment. However, some members have voiced concerns about lane availability during busy hours for lap swimming, but overall, the community vibrates with positivity and support.

### **Membership and Pricing**

A **membership is required** to enjoy the facilities, but many find the investment worthwhile due to the range of services included. Members often express satisfaction with the value they receive, especially considering the access to lessons, classes, and a friendly community atmosphere.

### **Conclusion**

Whether you're looking to lift weights, take a swim, relax in the sauna, or

participate in a fitness class, the Oviedo YMCA Family Center has something for everyone. With its commitment to \*\*accessibility, cleanliness, and community engagement\*\*, it's no wonder that this YMCA has become a beloved part of the Oviedo landscape. Join today and experience all the opportunities for health and wellness available at your local YMCA!

**You can come to our business at**

7900 Red Bug Lake Rd, 32765 Oviedo, Florida - United States (US)

The phone of said **Gym** is +1407-359-3606

And if you want to send a WhatsApp, you can do so at +1407-359-3606

**We open at the following schedule:**

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–9?PM
Friday	5?AM–7?PM
Saturday	8?AM–3?PM
Sunday	9?AM–2?PM

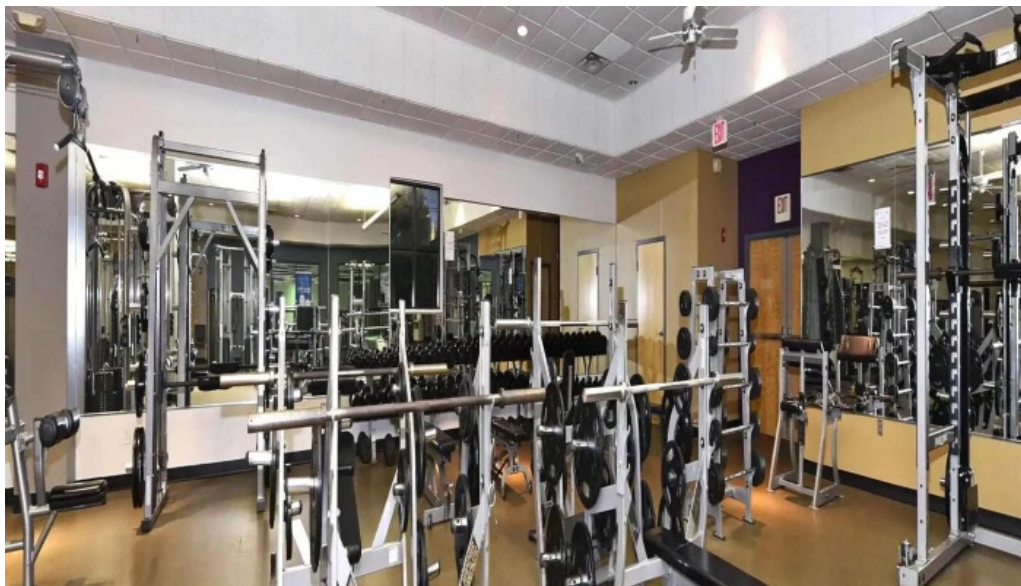
The website is Oviedo YMCA Family Center

In case you want to modify any detail that you feel is not precise concerning this web, we urge you to forward a message so that we will correct it at the earliest convenience. Thanks beforehand thanks for your cooperation.

**Images**

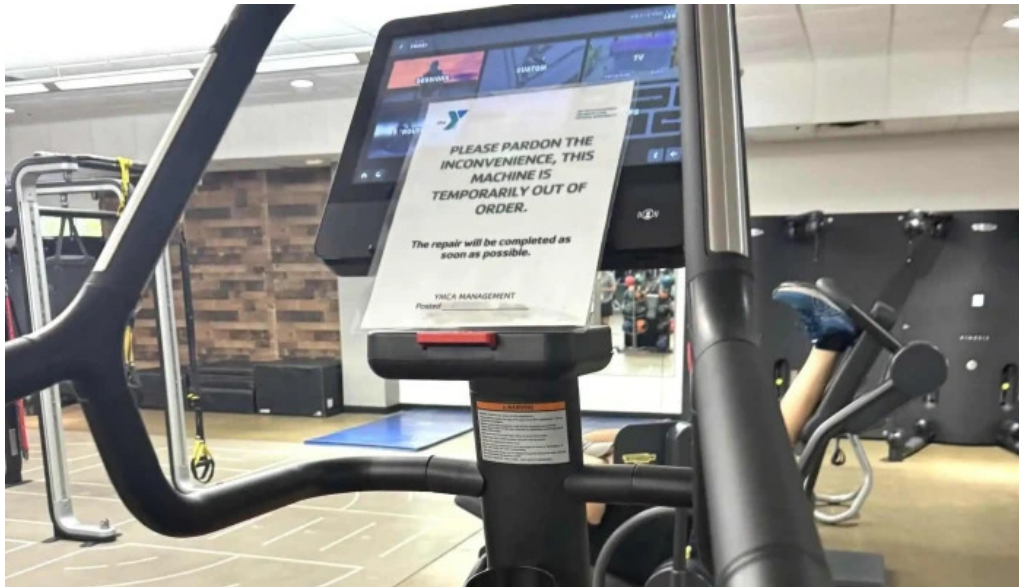


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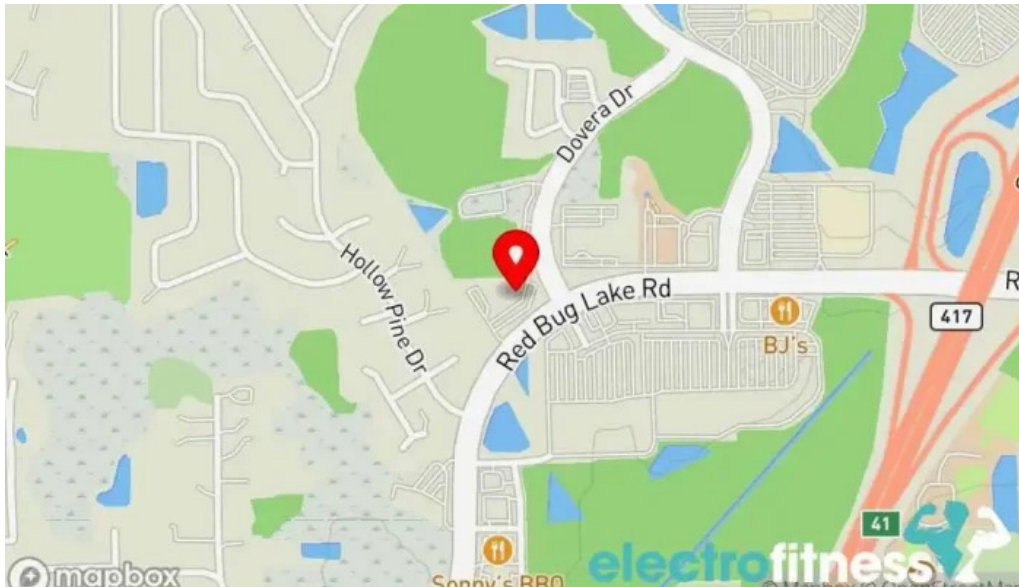
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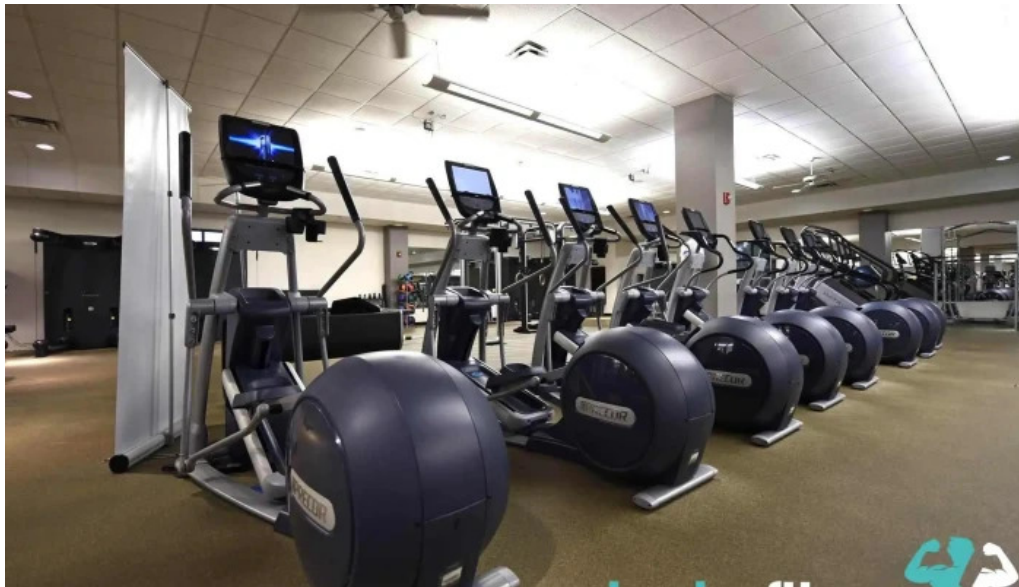


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## Tags

*Wi-Fi, Planning, Amenities, Service options, Swimming pool, Wheelchair-accessible car park, Accessibility, Sauna, Membership required, Atmosphere, Shower, Outdoor services, Wheelchair-accessible entrance*

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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
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cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy



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fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
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karate school
kennel
kickboxing school
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massage therapist
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nutritionist
park
parking lot
parkour spot
personal trainer

pharmacy
physical fitness program
physical therapist
physical therapy clinic
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pilates studio
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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
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supermarket
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