

Ohm Fitness Ahwatukee - Phoenix

phoenix



I'm not a robot



RECAPTCHA

Published on: 01/05/25	Hits: 108
Comments: 0	See comments
Votes: 12	Score: 5

https://www.electrofitness.com/gym/phoenix/ohm-fitness-ahwatukee-phoenix_257571.php



phoenix

Ohm Fitness Ahwatukee - Phoenix

Discover OHM Fitness Ahwatukee: A Unique Fitness Experience

Located in Phoenix, Arizona, **OHM Fitness Ahwatukee** offers an innovative approach to fitness that stands out from traditional gyms. Known for its advanced technology and supportive environment, this gym is ideal for individuals of all fitness levels.

Accessibility and Amenities

At **OHM Fitness Ahwatukee**, accessibility is a top priority. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring everyone can participate in their fitness journey. Additionally, the gym includes **wheelchair-accessible seating** and **toilet facilities** designed for comfort and ease of use.

Inclusive Environment

This gym proudly identifies as **women-owned** and **LGBTQ+ friendly**, providing a **transgender safe space** for all members. OHM Fitness promotes a culture of acceptance and support, making it a great place for everyone to achieve their fitness goals.

Tailored Services and On-Site Offerings

OHM Fitness provides a variety of **on-site services** that enhance the overall experience. With programs that can be tailored to different fitness levels, newcomers and seasoned athletes alike will find suitable challenges. Furthermore, the incorporation of mindfulness and relaxation techniques contributes to your overall mental well-being.

Parking Options

Convenience is key at OHM Fitness. Members can enjoy **free parking lot** access, making it easier to fit workouts into busy schedules. On-site parking is readily available, ensuring a hassle-free experience upon arrival.

An Engaging Community

One of the most praised aspects of OHM Fitness is its community environment. Members frequently mention how motivating it is to work out alongside friends and family, sharing challenges and celebrating progress together. This sense of camaraderie makes each session enjoyable and rewarding.

Transformative Workouts

The workouts at OHM Fitness are unlike any other. Utilizing cutting-edge EMS technology, a 25-minute session feels equivalent to hours of traditional exercise, effectively engaging muscles that often go unnoticed. Many members report burning around 600 calories per session while experiencing muscle tone improvements and overall fitness enhancements.

Final Thoughts

If you're searching for a revolutionary workout experience in Phoenix, look no further than **OHM Fitness Ahwatukee**. With its focus on accessibility, inclusivity, and advanced fitness technology, this gym truly redefines what it means to be fit. Whether you're new to fitness or a seasoned pro, OHM Fitness welcomes you to join the journey toward better health!

Our business is located at

4722 E Ray Rd #13a, 85044 Phoenix, Arizona - United States (US)

The phone number of said **Gym** is +1480-493-1814

And if you want to send a WhatsApp, you can do so at +1480-493-1814

Our opening hours are:

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–7?PM
Wednesday	6?AM–12?PM
Thursday	8?AM–12?PM
Friday	8?AM–12?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is OHM Fitness Ahwatukee

If you wish to modify any detail that you feel is not precise regarding this page, please send us a message so we can we will correct it at the earliest convenience. In advance thanks for your cooperation.

Images



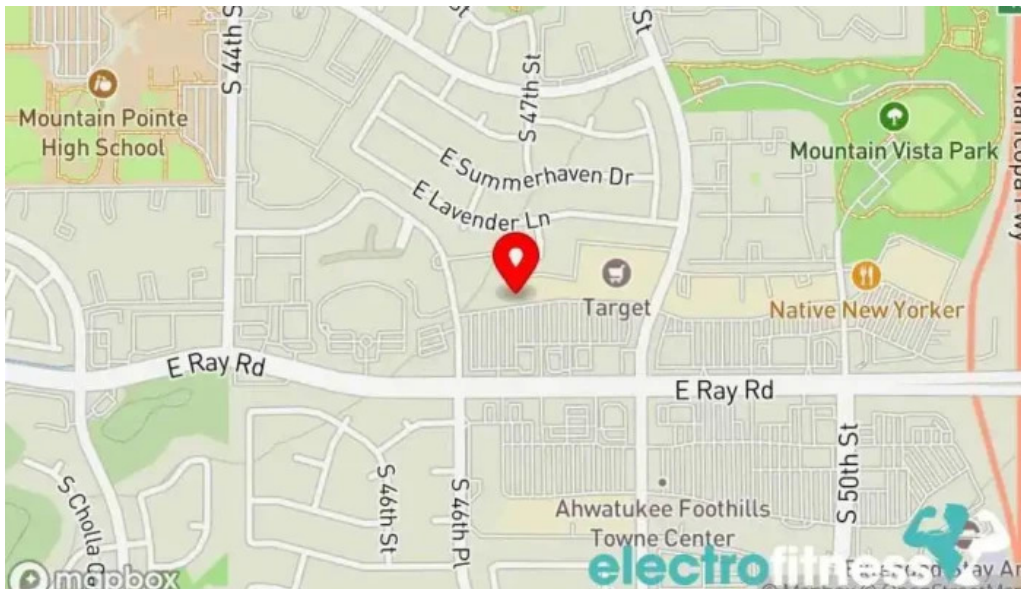
Ohm fitness ahwatukee street view 360deg



Ohm fitness ahwatukee phoenix



Ohm fitness ahwatukee number



Ohm fitness ahwatukee map



Ohm fitness ahwatukee gym



Ohm fitness ahwatukee all

Tags

Crowd, Identifies as women-owned, From the business, Toilet, Accessibility, Wheelchair-accessible entrance, On-site parking, Amenities, Service options, Transgender safe space, On-site services, Free parking lot, Parking, Wheelchair-accessible car park, LGBTQ+ friendly, Wheelchair-accessible seating

Related content

4.5 * *Vibe Gym and Wellness Collective - Denver*

5.0 * *American Martial Arts Gym - Waldorf*

4.2 * *Contemporary Dance and Fitness Studio - Montpelier*

5.0 *	<i>Private Fitness Training by Deana Chochua - Agoura Hills</i>
5.0 *	<i>The Centered Body - Pleasant Hill</i>
4.9 *	<i>Donnelly Fitness - Donnelly</i>
3.7 *	<i>Portage Township Ymca - Portage</i>
5.0 *	<i>Northglenn Health and Fitness - Northglenn</i>
5.0 *	<i>Brandie Freeman - Bfitjunky Studio - Watertown</i>
5.0 *	<i>Merillat Sport & Fitness Center Parking Lot - Adrian</i>

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
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
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
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
indoor cycling
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
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
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
youth organization