

Ufc Gym Market Square (Pittsburgh) - Pittsburgh

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UFC Gym Market Square: A Comprehensive Fitness Experience in Pittsburgh

Located in downtown Pittsburgh, UFC Gym Market Square offers an extensive variety of amenities and services that cater to all fitness enthusiasts. The facility not only provides a great atmosphere for training but also embraces inclusivity and convenience for everyone, including enhanced accessibility features.

Accessibility Amenities

One of the standout features of UFC Gym Market Square is its commitment to accessibility. The gym provides a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy their fitness experience without barriers. For those driving, there's a **free multi-storey car park** available, making it easy to access the gym. Additionally, the gym is equipped with **gender-neutral toilets** and other essential **toilet** facilities, creating a comfortable environment for all members. The management has made strides to include everyone in the fitness journey, which is appreciated by many visitors.

On-Site Services and Amenities

UFC Gym Market Square is renowned for its vast array of **on-site services** tailored for diverse fitness needs. From top-of-the-line fitness equipment to dedicated spaces for mixed martial arts, this gym has it all. Members frequently highlight the spacious weightlifting area filled with various machines, turf areas for performance workouts, and even a full-size octagon. The **sauna** and recovery options such as cryotherapy and massage therapy are also popular among members seeking relaxation and rejuvenation post-workout. The featured **recovery room** has earned rave reviews, pointing out its hyaluronic massage beds and infrared therapy as excellent tools for recovery.

Online Classes and Personal Training

In today's digital age, UFC Gym Market Square adapts to the needs of its members by offering **online classes**. This flexibility allows individuals to engage in workouts from home while maintaining their fitness goals. The personal training offered at the gym stands out, with dedicated coaches like Rubie and Pedro receiving high praise for their mentoring skills. Members report significant improvements in strength and technique under their guidance. Coach Rubie's personalized approach to nutrition and workouts has transformed many lives, emphasizing holistic health and wellness.

Community and Atmosphere

Visitors to UFC Gym often remark on the supportive community fostered within the facility. Reviewers highlight the friendly staff and the welcoming atmosphere that encourages members to push their limits. This positive reinforcement plays a vital role in keeping members motivated and engaged. Despite some concerns regarding cleanliness in certain areas, many patrons express their overall satisfaction with the gym's offerings. Feedback suggests that when cleanliness issues are addressed, UFC Gym Market Square could easily rank as one of the best gyms in Pittsburgh.

Conclusion

UFC Gym Market Square in Pittsburgh stands out due to its commitment to inclusivity, comprehensive amenities, and a supportive community. With

features like a ****wheelchair-accessible entrance****, ****gender-neutral toilets****, and extensive ****on-site services****, it caters to a wide range of fitness enthusiasts. Whether you're looking for hands-on coaching, online classes, or a state-of-the-art facility, UFC Gym provides a unique fitness experience worth exploring.

Our premises are located at

236 Fifth Ave, 15222 Pittsburgh, Pennsylvania - United States (US)

The phone of this **Gym** is +1724-749-5737

And if you want to send a WhatsApp, you can do so at +1724-749-5737

We are available at these times:

Day	Hours
Monday	6?AM–6?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	5?AM–10?PM
Saturday	5?AM–8?PM
Sunday	6?AM–6?PM

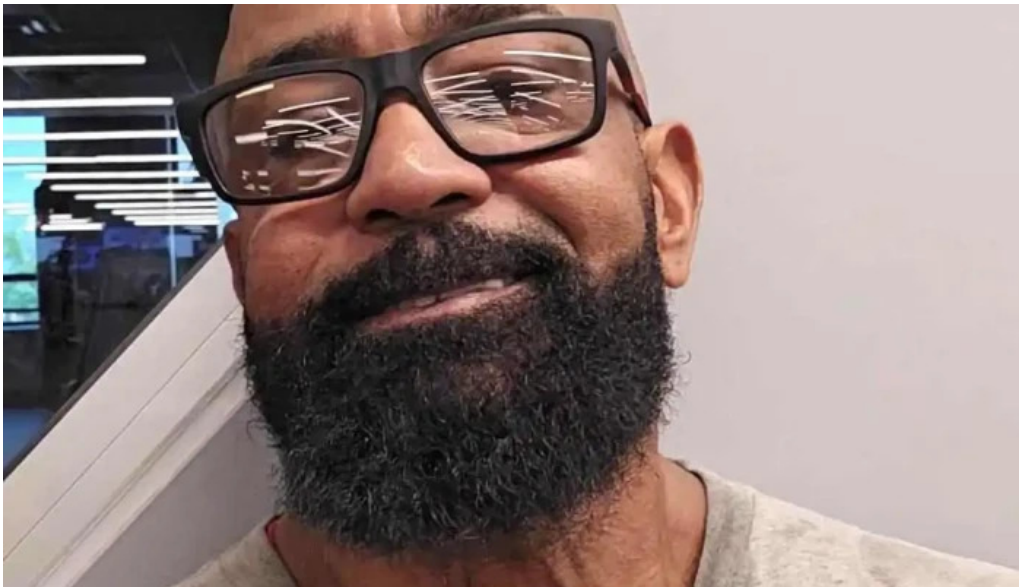
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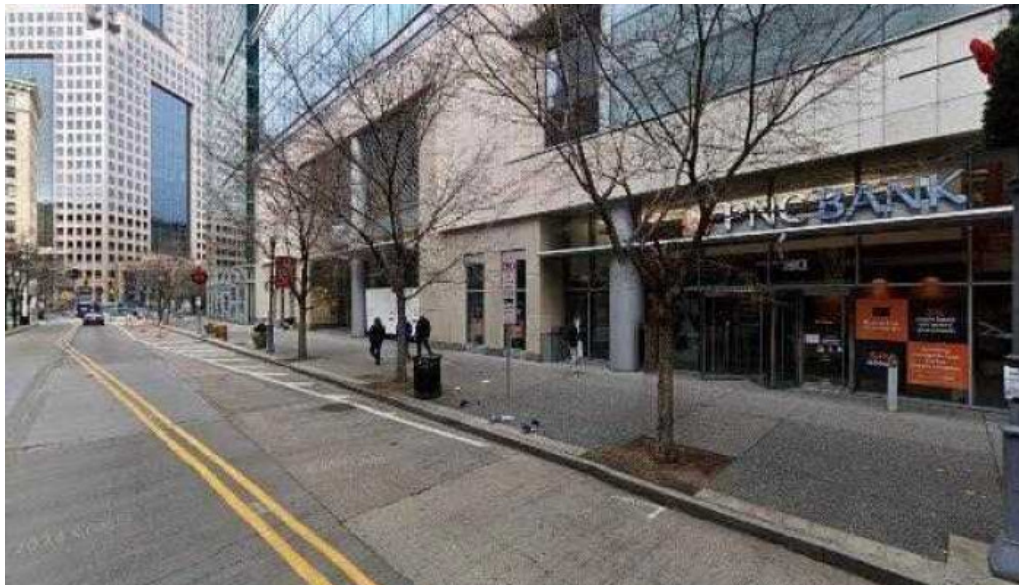
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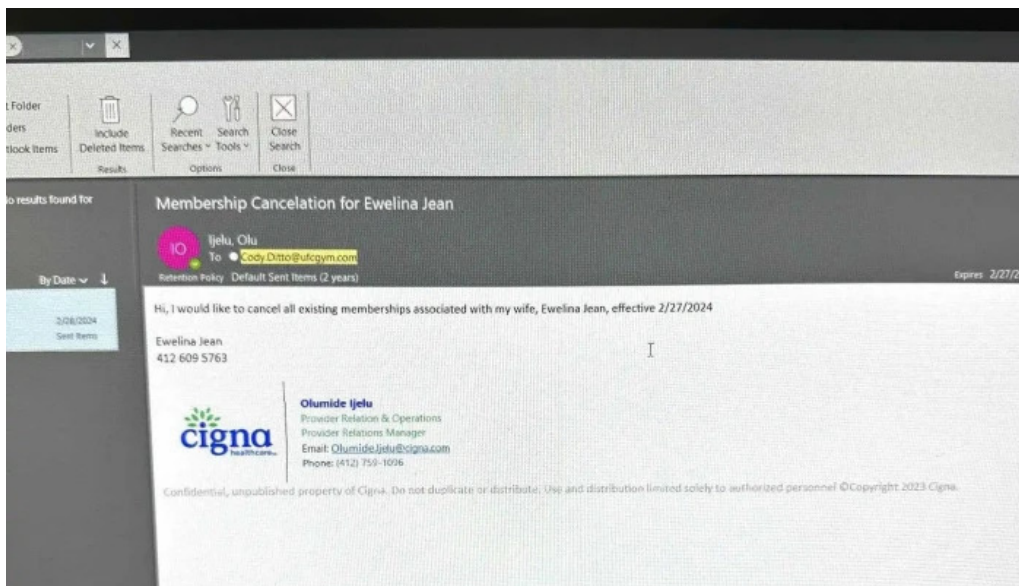
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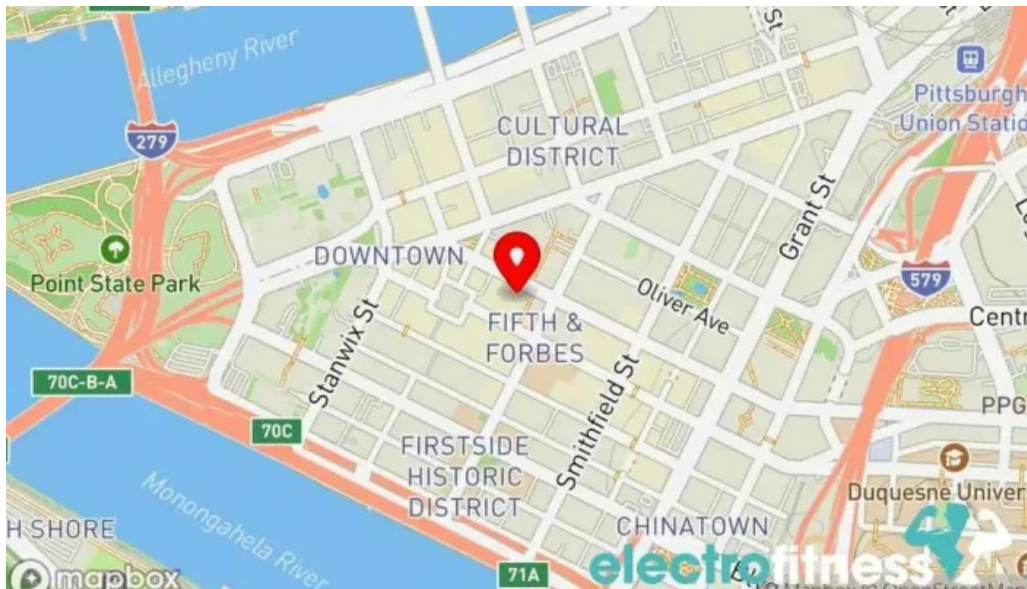
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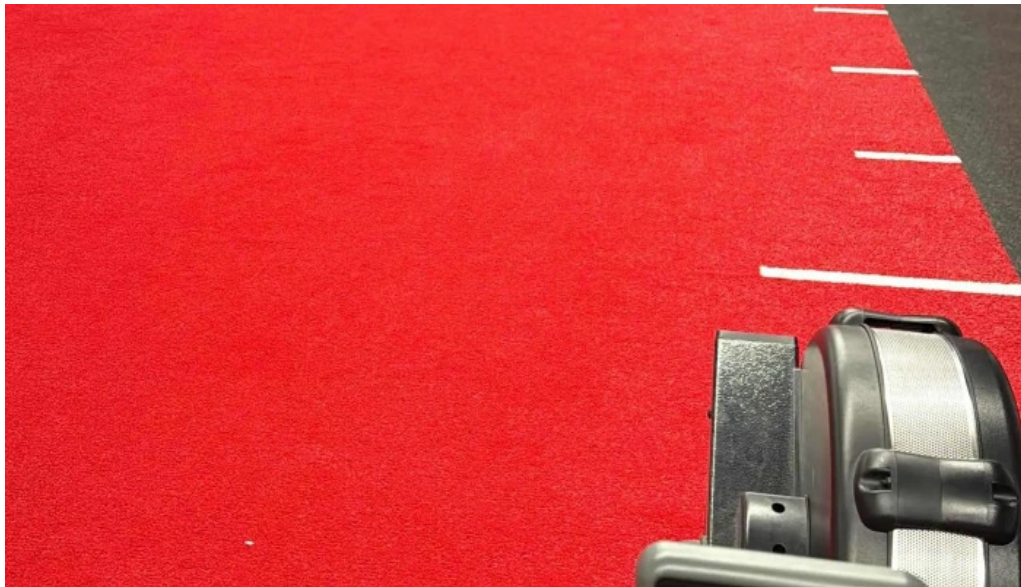
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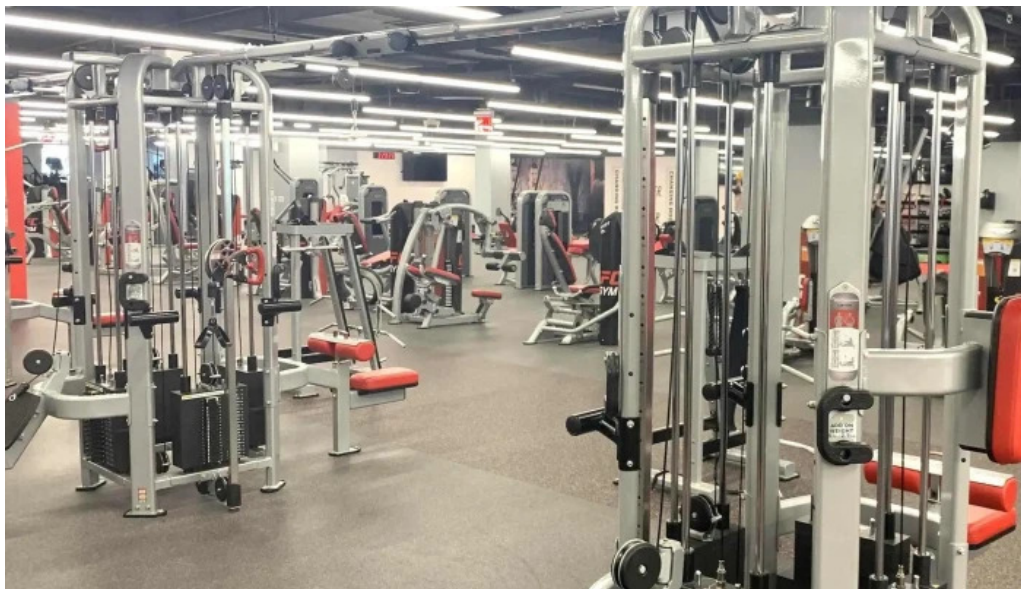
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Tags

Amenities, Wheelchair-accessible car park, Accessibility, Toilet, Service options, Wheelchair-accessible entrance, Gender-neutral toilets, On-site services, Online classes, Sauna, Parking, Free multi-storey car park

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