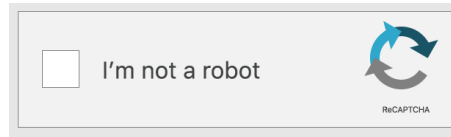


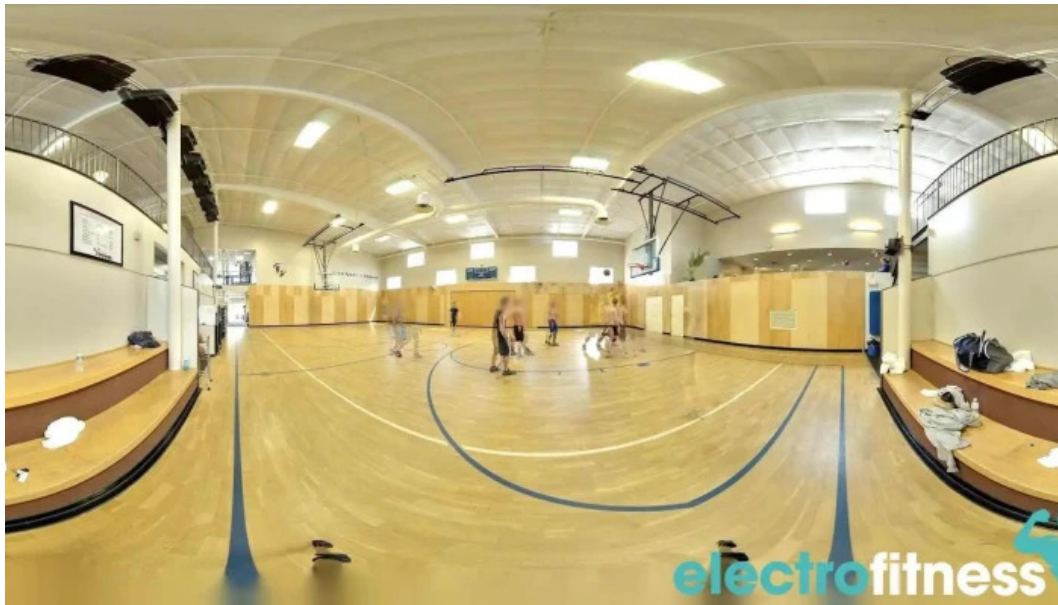
## Saco Sport & Fitness - Saco

saco



|                        |              |
|------------------------|--------------|
| Published on: 02/04/25 | Hits: 954    |
| Comments: 0            | See comments |
| Votes: 106             | Score: 4.6   |

[https://www.electrofitness.com/gym/saco/saco-sport-fitness-saco\\_184377.php](https://www.electrofitness.com/gym/saco/saco-sport-fitness-saco_184377.php)



saco

## Saco Sport & Fitness - Saco

### Welcome to Saco Sport & Fitness

Saco Sport & Fitness is a premier fitness facility located in Saco, Maine, designed for individuals of all ages and fitness levels. Whether you are planning to get fit or just maintain a healthy lifestyle, this gym has everything you need.

### Membership Required

To take advantage of the extensive amenities offered at Saco Sport & Fitness, becoming a member is essential. Membership not only grants you access to state-of-the-art equipment but also to various classes tailored to different fitness

levels.

## **Amazing Amenities**

The facility boasts a wide range of **amenities**, including: - A fully equipped **basketball court** - A **wheelchair-accessible car park** - A **wheelchair-accessible entrance** These features ensure that everyone can enjoy their workouts comfortably and safely.

## **Service Options and On-site Services**

One of the standout aspects of Saco Sport & Fitness is their exceptional service options. The gym offers various **on-site services** like personal training, nutrition counseling, and a diverse range of fitness classes. Members can also participate in **online classes**, making it easier than ever to stay fit from home.

## **Accessibility**

The commitment to **accessibility** is evident throughout the gym. With easy access points and facilities designed for all members, Saco Sport & Fitness ensures that everyone feels welcome and supported. Many clients appreciate the friendly atmosphere created by the staff, who go out of their way to remember members' names and support their fitness journeys.

## **Exceptional Staff**

The reviews consistently highlight the **exceptional staff** as a major reason why Saco Sport & Fitness stands out. From knowledgeable trainers who tailor workouts to individual needs to a personable front staff, members rave about the welcoming environment. One member stated, "The instructors are very knowledgeable and can adapt the exercises to your needs," which epitomizes the personalized service provided here.

## **A Clean and Safe Environment**

Maintaining cleanliness is a priority at Saco Sport & Fitness. Members have noted that the gym is always clean and well-kept, including locker rooms and workout areas. During the pandemic, the facility implemented strict cleaning regimens and safety protocols, making members feel secure while working out. "I have felt very safe throughout the pandemic at SS&F," one loyal member mentioned.

## **A Variety of Classes**

Members appreciate the **wide variety of classes** available, catering to different interests and fitness levels. Whether you prefer group classes or personal training sessions, there's something for everyone. As one member stated, "There is a good mix of people here, from teenagers to retirees, and everything in between."

## Your Fitness Journey Awaits

Joining Saco Sport & Fitness is not just about getting fit; it's about investing in your health and well-being. As a member, you will have access to fantastic equipment, supportive community members, and excellent trainers dedicated to helping you achieve your fitness goals. Don't hesitate to visit Saco Sport & Fitness, where a healthier, more active life awaits you!

### The location of our premises is

*329 North St, 04072 Saco, Maine - United States (US)*

The phone number of said **Gym** is +1207-284-5953

And if you want to send a WhatsApp, you can do so at +1207-284-5953

### Our opening hours are:

| Day       | Hours         |
|-----------|---------------|
| Monday    | 4:30?AM–10?PM |
| Tuesday   | 6?AM–6?PM     |
| Wednesday | 6?AM–6?PM     |
| Thursday  | 4:30?AM–10?PM |
| Friday    | 4:30?AM–10?PM |
| Saturday  | 4:30?AM–10?PM |
| Sunday    | 4:30?AM–10?PM |

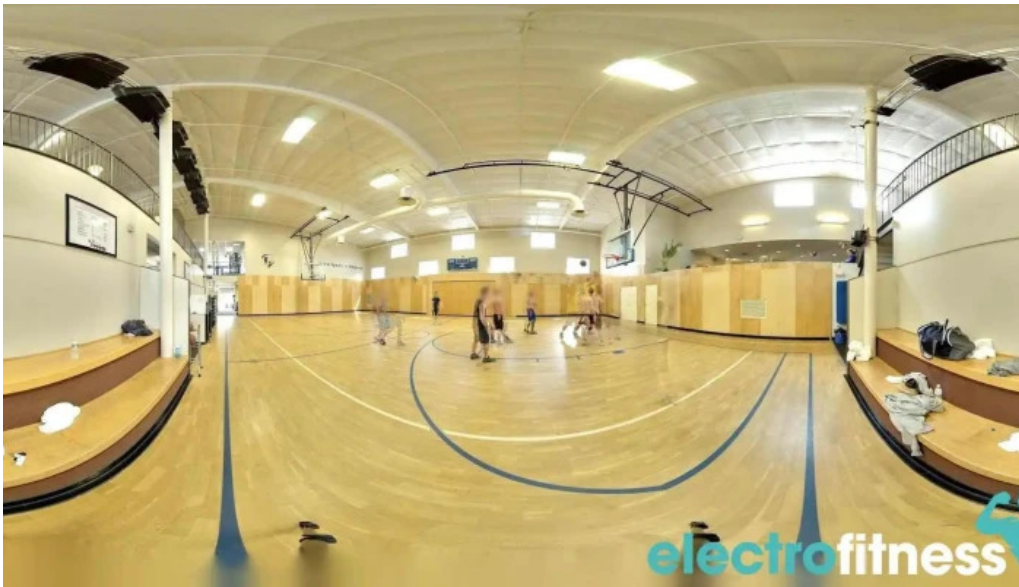
The website is Saco Sport & Fitness

If you wish to change any element that you think is not precise regarding this portal, we ask forward a message so we can we will correct it as soon as possible. Thank you in advance thanks for your cooperation.

## Images

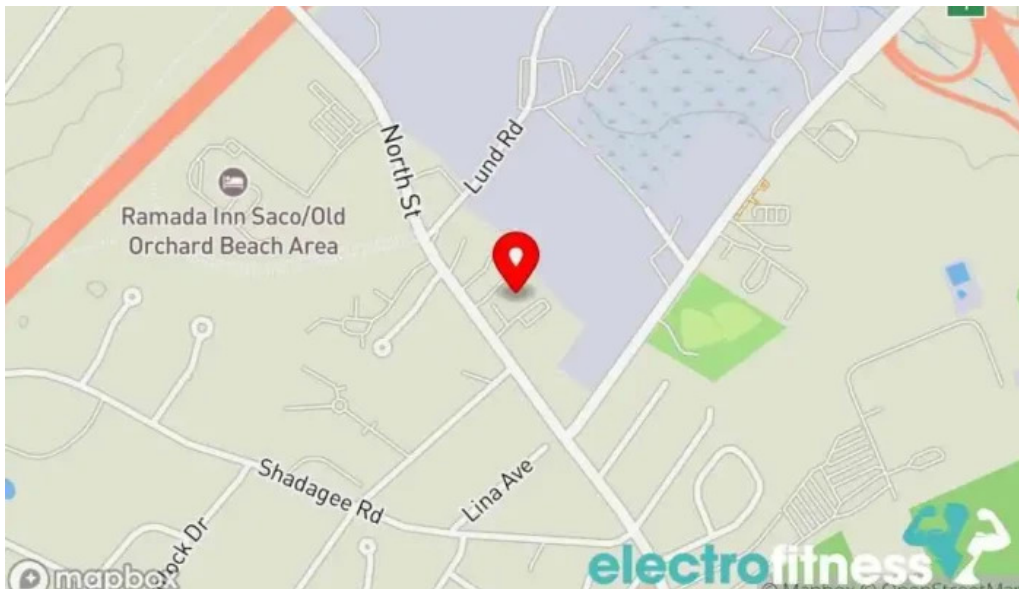


*Saco sport fitness street view 360deg*



*Saco sport fitness sacco*





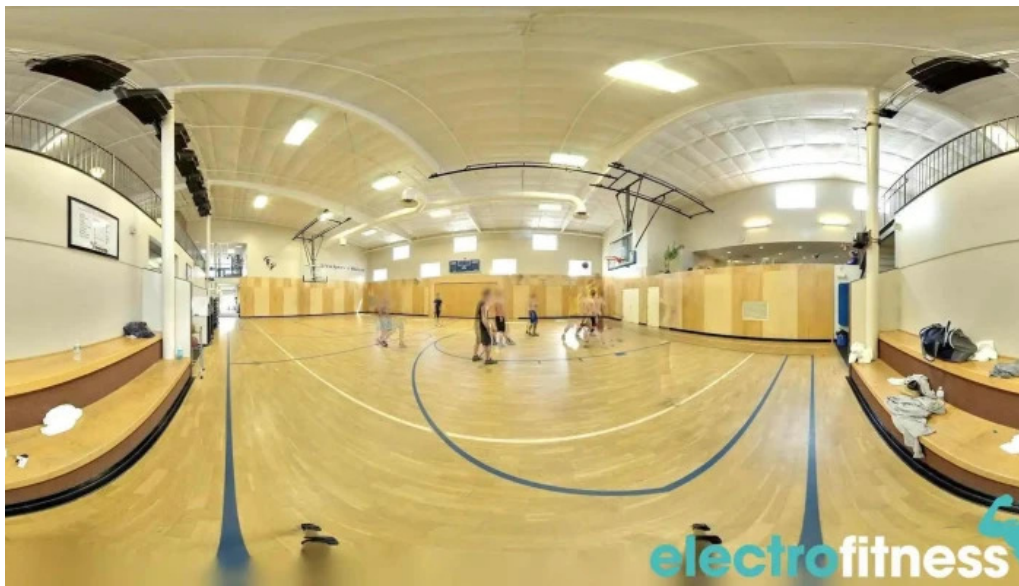
*Saco sport fitness map*



*Saco sport fitness gym*



*Saco sport fitness by owner*



*Saco sport fitness all*

## Tags

*Wheelchair-accessible car park, Membership required, Online classes, Amenities, Basketball court, Wheelchair-accessible entrance, Planning, Service options, On-site services, Accessibility*

## Related content

---

4.8 \* *Matchbox Sport Recreation Center - Aberdeen*

---

5.0 \* *School of Sport - Aberdeen*

---

4.4 \* *Abilene Gymnastics Sport Center - Abilene*

---

3.0 \* *Life Time - Walnut Creek*

|       |  |
|-------|--|
| 4.4 * | <i>Oakwood Athletic Club - Lafayette</i>           |
| 4.9 * | <i>Krush Fitness - Merrillville</i>                |
| 4.6 * | <i>Louisiana Family Fitness Center - Opelousas</i> |
| 5.0 * | <i>Carmen Sanz Pickleball - Lafayette</i>          |
| 3.9 * | <i>Bay Club Walnut Creek - Walnut Creek</i>        |
| 4.3 * | <i>Irvin Deutscher Family Ymca - Pleasant Hill</i> |

## Categories

|                            |
|----------------------------|
| amusement park ride        |
| arena                      |
| association / organization |
| athletic club              |
| bar                        |
| body shaping class         |
| boot camp                  |
| boxing gym                 |
| boxing ring                |
| children's party service   |
| chiropractor               |
| church                     |
| coffee shop                |
| community center           |
| convenience store          |
| country club               |
| dance school               |
| dollar store               |
| elementary school          |
| exercise equipment store   |
| firearms academy           |
| fitness                    |
| fitness center             |
| golf club                  |
| grocery store              |
| gym                        |
| 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 therapist              |
| meditation center              |
| non-profit organization        |
| nutritionist                   |
| park                           |
| personal trainer               |
| pharmacy                       |
| physical fitness program       |
| physical therapy clinic        |
| pickleball court               |
| pilates studio                 |
| public educational institution |
| recreation center              |
| rehabilitation center          |
| rock climbing gym              |
| school district office         |
| self defense school            |
| shooting range                 |
| shopping mall                  |
| spa                            |
| spa and health club            |
| sporting goods store           |
| sports club                    |
| sports complex                 |
| sports medicine clinic         |
| sports school                  |
| swimming instructor            |



|                             |
|-----------------------------|
| swimming school             |
| tennis club                 |
| thrift store                |
| vitamin & supplements store |
| wellness center             |
| wellness program            |
| yoga instructor             |
| yoga studio                 |
| youth organization          |