

## 24 Hour Fitness - Sacramento

sacramento

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## 24 Hour Fitness - Sacramento

### Welcome to 24 Hour Fitness Sacramento

Located conveniently in the heart of Sacramento, **\*\*24 Hour Fitness\*\*** has become a cherished spot for fitness enthusiasts and casual gym-goers alike. This gym offers a unique atmosphere that attracts a friendly, mature crowd, perfect for those looking to work out without distractions.

### Amenities and Offerings

The gym boasts an impressive range of **\*\*amenities\*\*** including a **\*\*swimming pool\*\***, **\*\*sauna\*\***, and **\*\*communal showers\*\***. The **\*\*wheelchair-accessible**

entrance\*\* and \*\*car park\*\* ensure that everyone can enjoy the facilities comfortably. However, many members have voiced a desire for more privacy in the shower area, as it currently lacks stalls.

## **Community Vibe**

Visitors frequently talk about the welcoming \*\*atmosphere\*\* of the gym. Many long-time members share their experiences of connecting with others and forming friendships within the community. Staff members like Emilio, Gianna, and personal trainers Andre and Darryl contribute to this family-like vibe by providing attentive service and encouragement, helping members achieve their fitness goals.

## **Convenience and Accessibility**

Even though \*\*membership is required\*\* to access the facilities, the convenience of its location allows members to plan their workouts easily. However, some members have pointed out issues with parking during peak hours due to the popularity of nearby retail shops. This can sometimes lead to a frustrating experience upon arrival.

## **Improvements and Management**

With the commitment to enhancing the gym under new management, improvements have been noticeable. Members appreciate the cleanliness and effort taken to maintain the gym's equipment. Still, there are calls for better ventilation and more cardio machines to accommodate the bustling morning and evening crowds. Regular updates on repairs and equipment replacements show the gym's dedication to member satisfaction.

## **Final Thoughts**

In summary, if you're looking for a \*\*gym\*\* that feels like home, \*\*24 Hour Fitness Sacramento\*\* might be the right fit for you. With its welcoming staff, great offerings, and positive community vibe, it's a solid choice for anyone looking to stay active. Just remember to plan your visits wisely, especially during peak hours, to make the most of your workout experience! Enjoy the journey towards better health, whether it's in the \*\*swimming pool\*\*, \*\*sauna\*\*, or with the help of skilled personal trainers.

## **You can find us at**

7600 Greenhaven Dr #15, 95831 Sacramento, California - United States (US)

The phone number of the respective **Gym** is +1916-399-8181

And if you want to send a WhatsApp, you can do so at +1916-399-8181

## We open at the following schedule:

Day Hours  
Monday

6?AM–8?PM

Tuesday

6?AM–8?PM

Wednesday

5?AM–10?PM

Thursday

5?AM–10?PM

Friday

5?AM–10?PM

Saturday

5?AM–10?PM

Sunday

5?AM–9?PM

The website is [24 Hour Fitness](#)

If necessary to adjust any information that you believe is not correct concerning this portal, please send a message so we can we will adjust it promptly. Thanks beforehand thanks for your cooperation.

## Images



*24 hour fitness street view 360deg*



*24 hour fitness schedule*

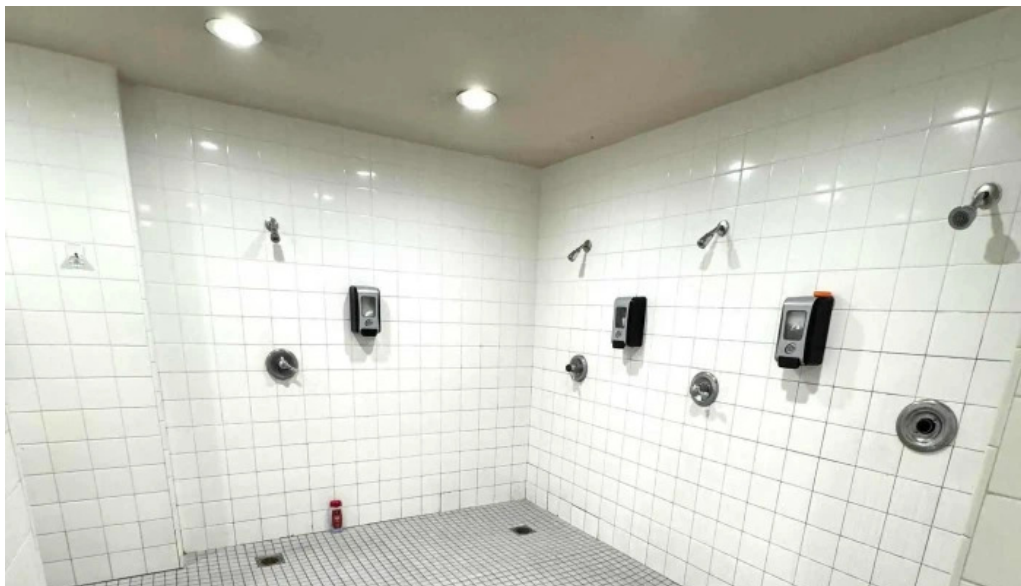


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*24 hour fitness promotion*



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*24 hour fitness location*



*24 hour fitness latest*



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*24 hour fitness all*



*24 hour fitness address*

## Tags

*Wheelchair-accessible entrance, Atmosphere, Restaurant, Sauna, Wheelchair-accessible car park, Offerings, Membership required, Swimming pool, Amenities, Accessibility, Wi-Fi, Shower, Planning*

## Related content

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## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple

cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor



grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic

park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
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 pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization