

For Time Fitness - Sanford

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Gym For Time Fitness: A Community-Driven Workout Experience in Sanford, Maine

If you're looking for a gym that combines accessibility with a supportive community atmosphere, **Gym For Time Fitness (FTF)** in Sanford, Maine, is the perfect place for you. With its **wheelchair-accessible car park** and **wheelchair-accessible entrance**, FTF ensures that everyone can participate in their fitness journey.

A Welcoming Environment for All Ages

One of the standout features of FTF is its diverse community. Members of all ages come together to support each other, creating an inclusive environment that makes working out enjoyable. As one member shared, “Great community of people of all different ages! Everyone supports each other!” This sense of belonging is crucial for anyone starting or continuing their fitness journey.

Expert Coaching and Support

The importance of having knowledgeable coaches cannot be overstated. At Gym For Time Fitness, certified trainers are dedicated to helping members achieve their personal goals. “The coaches are phenomenal, the overall atmosphere is encouraging and enjoyable,” said a satisfied member. This level of personalized attention ensures that workouts are tailored to your fitness level, making every session effective and rewarding.

State-of-the-Art Equipment

Members of FTF rave about the brand new equipment available at the gym. The well-maintained machines cater to all fitness levels, allowing everyone to work towards their goals comfortably and effectively. As another member noted, “It doesn't matter what your level of fitness is; every class is run by a certified trainer that works with you.”

Making Fitness a Family Affair

FTF stands out not only for its exceptional coaching but also for its family-friendly atmosphere. Many members take advantage of this by bringing their children along, fostering a love for fitness from a young age. One member expressed, “I bring my 6-year-old with me and make fitness a family activity.” This inclusivity makes FTF a great choice for individuals looking to integrate fitness into their family lifestyle.

A Positive and Encouraging Atmosphere

The vibe at Gym For Time Fitness is consistently described as motivational and uplifting. “The overall vibe is great. The trainers know how to push you to the limit in the best way possible,” remarked a happy member. The friendly staff and welcoming culture create an environment where everyone feels at home while striving for their fitness goals.

Conclusion

In summary, Gym For Time Fitness in Sanford, Maine, is more than just a gym; it's a supportive community that encourages personal growth and healthy living for all. With a focus on accessibility, top-notch coaching, and a welcoming environment, FTF has become a transformative space for its members. Whether you are a fitness novice or an experienced athlete, FTF has something valuable to offer everyone.

The address of our establishment is

898 Main St Ste 105, 04073 Sanford, Maine - United States (US)

The contact line of the mentioned **Gym** is +1207-206-2334
And if you want to send a WhatsApp, you can do so at +1207-206-2334

Our opening hours are:

Day Hours
Monday
5?AM–7:30?PM
Tuesday
8–11?AM
Wednesday
8–11?AM
Thursday
5?AM–7:30?PM
Friday
5?AM–7:30?PM
Saturday
5?AM–7:30?PM
Sunday
5?AM–7:30?PM

The website is For Time Fitness

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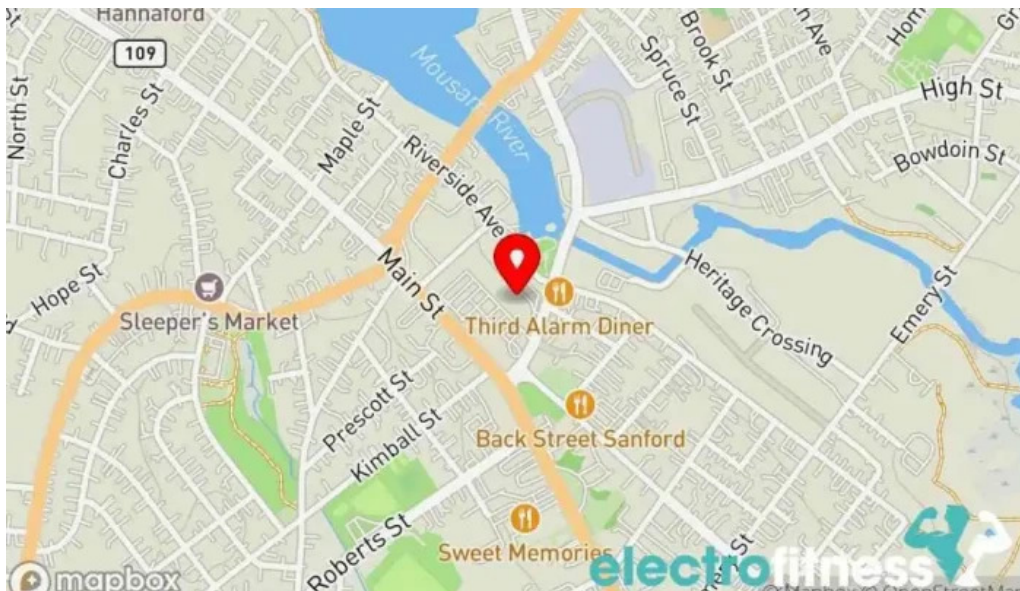
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For time fitness sanford



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