

Predation CrossFit - Spokane

spokane

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spokane

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Welcome to Gym Predation CrossFit in Spokane, Washington

Gym Predation CrossFit is not just a fitness facility; it's a vibrant community that welcomes individuals of all backgrounds and fitness levels. Located in the heart of Spokane, this gym stands out for its commitment to accessibility and member support.

Accessibility for Everyone

One of the notable features of Gym Predation CrossFit is its ****wheelchair-accessible entrance**** and ****car park****. This ensures that

everyone, regardless of their physical abilities, can participate in the invigorating workouts offered here.

Planning Your Visit

To fully enjoy the benefits of this gym, ****membership is required****. However, once you become a member, you'll discover a fantastic array of coaching sessions tailored to meet your personal fitness goals. Drop-in classes are also available for those visiting from out of town, making it easy for anyone to join in on the fantastic atmosphere.

A Community Like No Other

Visitors frequently remark on the warm and welcoming nature of the gym's members. Newcomers often express feelings of intimidation before joining a class. However, they quickly realize that the community here is supportive and encouraging. As one member mentioned, "It did not take long until I learned that my fear was misplaced." This sentiment resonates with many who step through the doors.

Exceptional Coaching and Support

The knowledgeable coaches at Gym Predation CrossFit are dedicated to helping all members—both beginners and experienced athletes—achieve their best. Testimonials highlight the supportive environment, with many members appreciating how the gym feels like a family. "The instructors are very knowledgeable," a visitor noted, echoing the sentiments of countless others who have felt empowered by their guidance.

Join the Fit Family

With its blend of hard workouts and friendly interactions, Gym Predation CrossFit has established itself as a favorite among fitness enthusiasts. Whether you're looking for a challenging workout or a supportive community, this gym offers both in spades. In conclusion, if you find yourself in Spokane and are searching for a welcoming and inclusive gym experience, look no further than Gym Predation CrossFit. Join this fit family, challenge yourself, and discover the joy of fitness surrounded by supportive friends!

We are situated in

3627 E Springfield Ave, 99202 Spokane, Washington - United States (US)

The phone number of the respective **Gym** is +1509-703-9291

And if you want to send a WhatsApp, you can do so at +1509-703-9291

Visit us during the following hours:

Day Hours
Monday

6–10?AM 11:30?AM–12:30?PM 4:15–6:30?PM

Tuesday

6–10?AM 11:30?AM–12:30?PM 4:15–6:30?PM

Wednesday

6–10?AM 11:30?AM–12:30?PM 4:15–6:30?PM

Thursday

8–9?AM

Friday
Closed

Saturday

6–10?AM 11:30?AM–12:30?PM 4:15–6:30?PM

Sunday

6–10?AM 11:30?AM–12:30?PM 4:15–6:30?PM

The website is [Predation CrossFit](#)

If you need to adjust any detail that you consider is not correct related to this portal, we ask forward a message so that we will fix it promptly. Thanks beforehand thank you very much.

Images



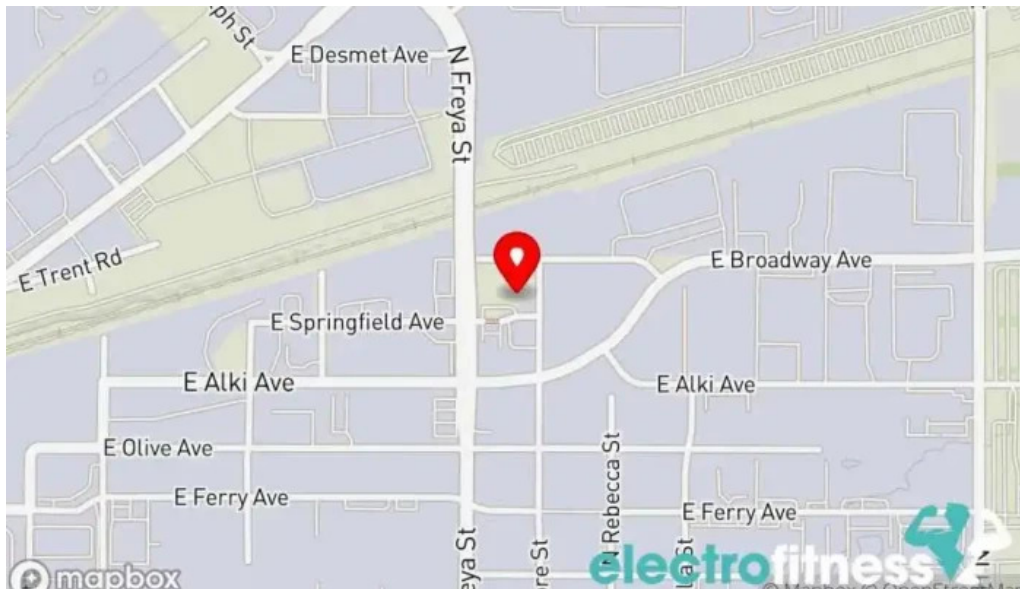
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Tags

Accessibility, Wheelchair-accessible car park, Planning, Wheelchair-accessible entrance, Membership required

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