

## Salt Fitness Company - Swansea

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swansea

## Salt Fitness Company - Swansea

### Discover SALT Fitness Company in Swansea, Massachusetts

SALT Fitness Company is not just a gym; it's a vibrant community that welcomes everyone. Known for its **\*\*wheelchair-accessible entrance\*\*** and **\*\*wheelchair-accessible car park\*\***, this fitness center prioritizes accessibility while providing an inclusive atmosphere for all members.

### A Welcoming Environment

Many members rave about the welcoming environment at SALT. One guest noted, "I attended SALT as a guest of a member and did a short membership

prior to the mall closing. I am just returning since the pandemic and I still feel the same, they are great!" The positive vibes and friendly instructors contribute to a supportive atmosphere that encourages everyone to achieve their fitness goals.

## **Effective Workouts Tailored for Everyone**

SALT offers a variety of classes designed to fit different fitness levels. Many members have highlighted how the workouts are the perfect amount of time, ensuring that participants get the most out of each session. One satisfied member shared, "Old School cardio is my favorite! It is a great workout and so much fun!" These classes not only build endurance but also promote social connections among members.

## **Personalized Support and Motivation**

The trainers at SALT Fitness are dedicated to helping clients realize their full potential. Shannon, a breast cancer survivor, expressed immense gratitude towards her trainer Shaun, stating, "Shaun was cheering me on... His smile & energy gave me so much life and I am so very grateful." With personalized fitness plans and emotional support, the trainers ensure that each member feels valued.

## **A Community Like No Other**

SALT Fitness fosters a sense of community among its members. Many have praised the friendships formed within the gym, highlighting that it truly feels like a fitness family. One member stated, "I love the atmosphere, music, and community of people who attend." This camaraderie makes reaching fitness goals not only achievable but enjoyable.

## **Commitment to Individual Needs**

Members with specific medical issues have commended SALT's trainers for their ability to adapt workouts accordingly. Andre, one of the trainers, has been recognized for his attentiveness in modifying exercises to suit individual needs. A member noted, "He modifies for my injuries and is extremely attentive to correct form and safe execution of exercises."

## **Conclusion**

In conclusion, SALT Fitness in Swansea, Massachusetts stands out as a gym that embodies inclusivity and support. With its **\*\*wheelchair-accessible\*\*** facilities, diverse class offerings, and dedicated trainers, SALT is committed to fostering a positive environment where everyone can thrive. Whether you're a seasoned athlete or just starting your fitness journey, SALT Fitness is ready to welcome you with open arms.

**We are based in**

65 Swansea Mall Dr #1, 02777 Swansea, Massachusetts - United States (US)

The contact line of the mentioned **Gym** is +1401-259-1947

And if you want to send a WhatsApp, you can do so at +1401-259-1947

## **We look forward to seeing you at:**

Day Hours  
Monday

5-9?AM

Tuesday

7:30?AM-10?PM

Wednesday

7:30-10?AM

Thursday

5-9?AM 4:30-7:30?PM

Friday

5-9?AM 4:30-7:30?PM

Saturday

5-9?AM 4:30-7:30?PM

Sunday

5-9?AM 4:30-7:30?PM

The website is SALT Fitness Company

If necessary to modify any data that you feel is not precise about this portal, we ask forward a message so we can we will handle it promptly. Thanks beforehand thank you very much.

## **Images**

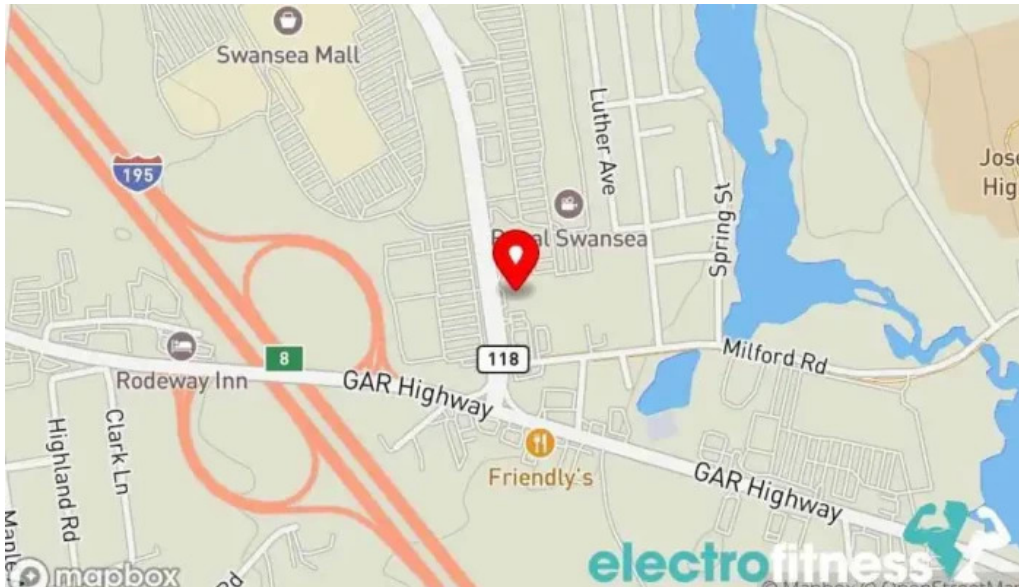


*Salt fitness company swansea*



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*Salt fitness company all*

## Tags

*Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park*

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## Categories

amusement park ride

arena

association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
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community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
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