

E?S Fitness - Tempe

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E?S Fitness - Tempe

E?S Fitness in Tempe, Arizona: A Comprehensive Review

E?S Fitness located at Guadalupe and Rural Road in Tempe, Arizona, stands out as one of the largest gyms in the Valley. With an impressive array of **amenities** and a commitment to **accessibility**, this facility has garnered attention from fitness enthusiasts and casual gym-goers alike.

Accessibility Features

For those requiring additional support, E?S Fitness offers a **wheelchair-accessible entrance** and a convenient **wheelchair-accessible**

car park**. These features ensure that everyone has the opportunity to enjoy the state-of-the-art facilities without barriers.

Unique Amenities

What sets E?S apart is their diverse range of amenities catering to various fitness needs. Members can unwind in the **sauna**, which has received positive feedback for enhancing relaxation and recovery. Additionally, the inclusion of innovative features such as cold plunge tanks is a hit among gym-goers, making it an attractive option for recovery after workouts. The addition of a recording room allows members to create content or track their progress in a comfortable setting. The spacious layout means that even during peak hours, the gym does not feel overcrowded, providing an ideal environment for a focused workout.

Membership Benefits

A **membership is required** to access the numerous benefits E?S offers. This investment gives access to cutting-edge equipment, including high-tech machines and traditional weightlifting gear, ensuring that all fitness levels can find what they need to succeed. However, it's important to be aware of the initial fees associated with signing up, which may sometimes catch potential members off guard.

Community and Staff

The culture at E?S Fitness promotes camaraderie, with many members praising the supportive community. Staff members like Natalia and Jonah have been highlighted for their welcoming demeanor and readiness to assist new gym-goers, making a first-time visit less daunting. Their attentive service contributes significantly to members' positive experiences.

Considerations

While many rave about E?S Fitness' vast selection of equipment and engaging atmosphere, some members have voiced concerns regarding wait times during peak hours, particularly after work. To avoid the crowds, planning your visit during off-peak hours can enhance your gym experience. Additionally, the current issues with temperature, swinging too cold for some and too hot for others, suggest that the management may need to review environmental controls to ensure comfort for all.

Conclusion

In conclusion, E?S Fitness in Tempe, Arizona, offers a robust selection of equipment and amenities designed to accommodate a wide range of fitness enthusiasts. Its focus on accessibility and member satisfaction makes it a noteworthy choice for anyone looking to start or enhance their fitness journey. Whether you are seeking recovery options like the **sauna** or are eager to try

out newly available equipment, ****E?S Fitness**** could be the perfect fit for your fitness goals.

We are situated in

750 E Guadalupe Rd, 85283 Tempe, Arizona - United States (US)

The contact phone of the mentioned **Gym** is +1480-602-3320

And if you want to send a WhatsApp, you can do so at +1480-602-3320

Our opening hours are:

Day	Hours
Monday	Open 24 hours
Tuesday	Open 24 hours
Wednesday	Open 24 hours
Thursday	Open 24 hours
Friday	Open 24 hours
Saturday	Open 24 hours
Sunday	Open 24 hours

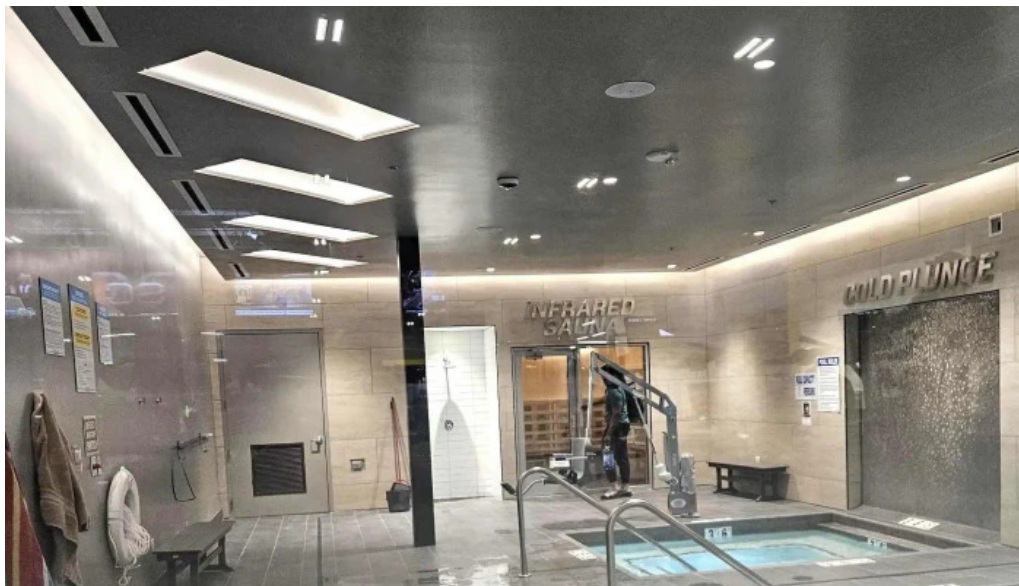
The website is E?S Fitness

In case you want to adjust any element that you consider is not precise related to this page, we ask send a message so we can we will fix it promptly. In advance thanks for your cooperation.

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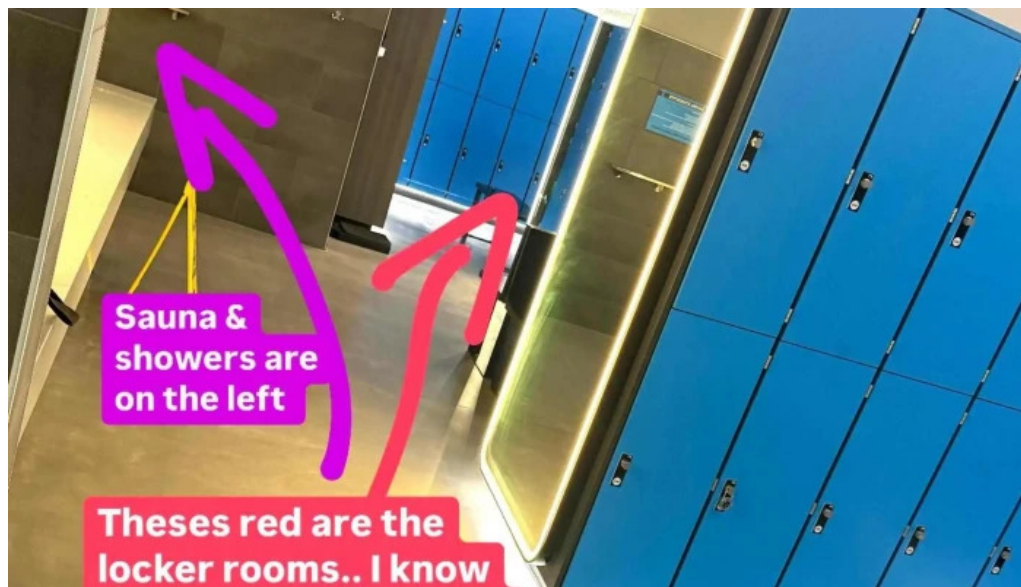
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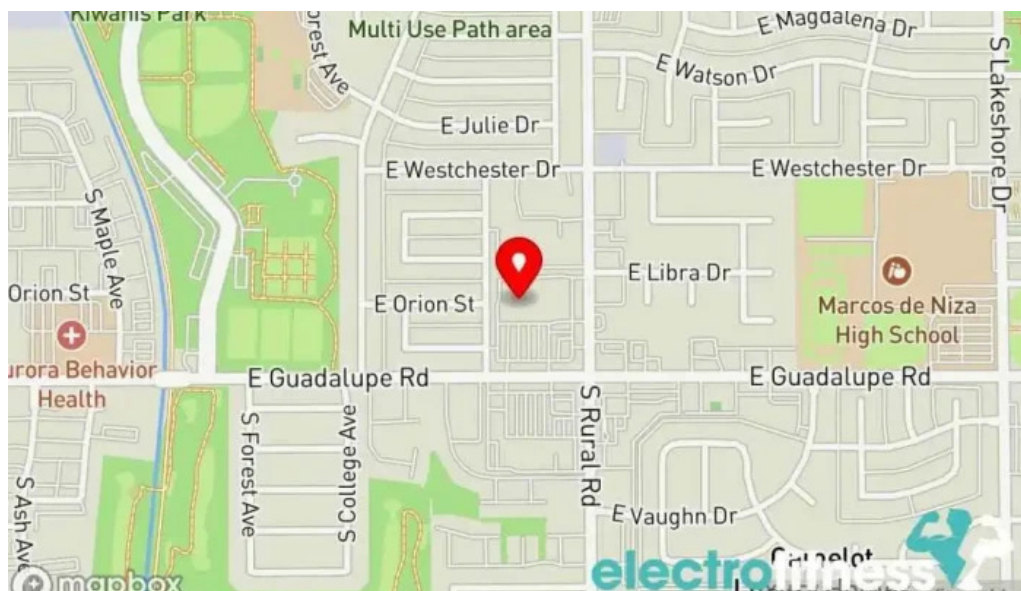
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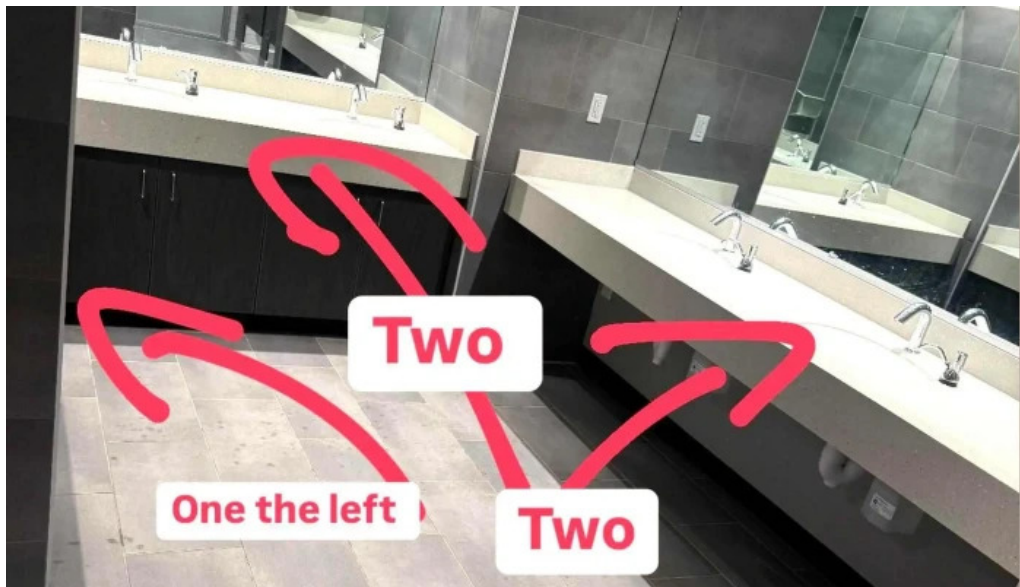
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Tags

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

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