

New England Fitness - Topsham

topsham

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Discover New England Fitness: A Comprehensive Overview

New England Fitness located in Topsham, Maine, stands out as a ****24-hour gym**** that offers a variety of amenities and services tailored to meet the needs of its members. With features like ****wheelchair-accessible parking**** and entrances, this facility aims to enhance ****accessibility**** for all individuals.

Membership Required for Access

To take advantage of the extensive offerings, a ****membership is required****. The gym provides flexible options, including daily passes for those visiting the

area. This is particularly beneficial for travelers seeking a **clean and accommodating** space to maintain their fitness routines.

On-Site Services and Amenities

New England Fitness boasts numerous **on-site services**, such as massage therapy and specialized classes, including spinning and cross-training. Members have access to various equipment and state-of-the-art facilities designed for both cardio and weightlifting. Additionally, the gym features a **smoothie bar**, allowing members to enjoy nutritious refreshments post-workout.

Wheelchair Accessibility and Additional Features

The facility ensures inclusivity with a **wheelchair-accessible car park** and entrance. This commitment to accessibility is complemented by amenities like Wi-Fi throughout the gym, so you can stay connected while working out or participating in **online classes**.

Sauna and Relaxation Options

For those looking to unwind after an intense workout, New England Fitness includes a sauna within its amenities. This feature adds a layer of relaxation, providing a perfect way to soothe muscles after a challenging session.

Planning Your Visit

When planning your visit to New England Fitness, consider peak hours, as it may get crowded, especially during evenings. Having good noise-canceling headphones might enhance your experience amidst the lively atmosphere created by youthful energy.

Conclusion

In summary, New England Fitness is a well-rounded gym that merges accessibility with a wide range of services. While there may be some challenges regarding equipment availability during busy hours, the overall positive experiences shared by members highlight the gym's commitment to cleanliness, service, and community. Whether you're a local resident or just passing through, New England Fitness is worth considering for your fitness journey.

We are based in

49 Topsham Fair Mall Rd Suite 25, 04086 Topsham, Maine - United States (US)

The contact line of the mentioned **Gym** is +1207-373-0907

And if you want to send a WhatsApp, you can do so at +1207-373-0907

We open at the following schedule:

Day Hours
Monday
7?AM–7?PM
Tuesday
8?AM–12?PM
Wednesday
Closed
Thursday
7?AM–7?PM
Friday
7?AM–7?PM
Saturday
7?AM–7?PM
Sunday
7?AM–7?PM

The website is [New England Fitness](#)

In case you want to change any detail that you consider is not accurate regarding this page, please send a message and we will fix it promptly. Thank you in advance thanks.

Images



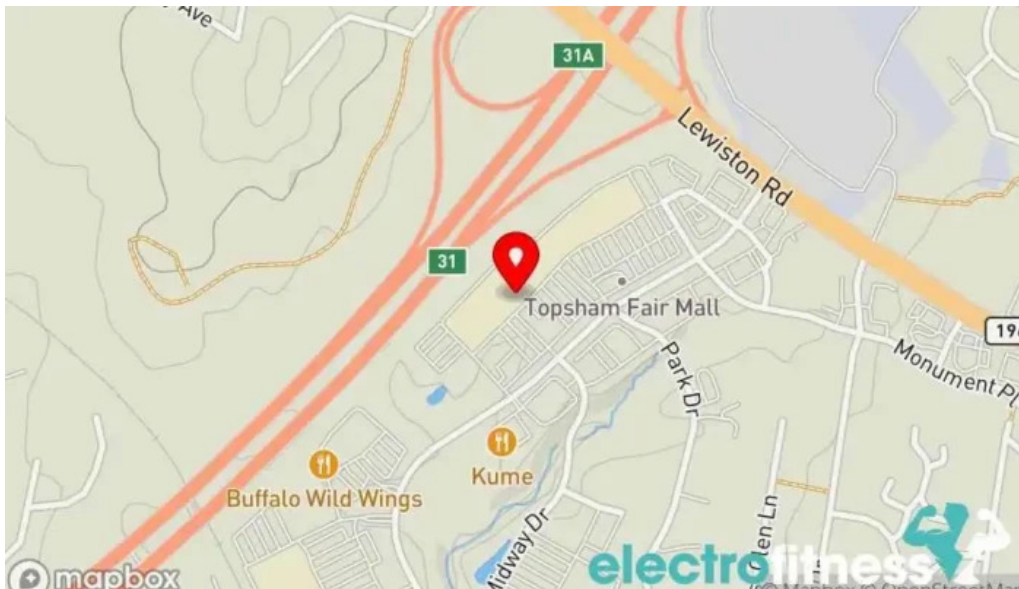
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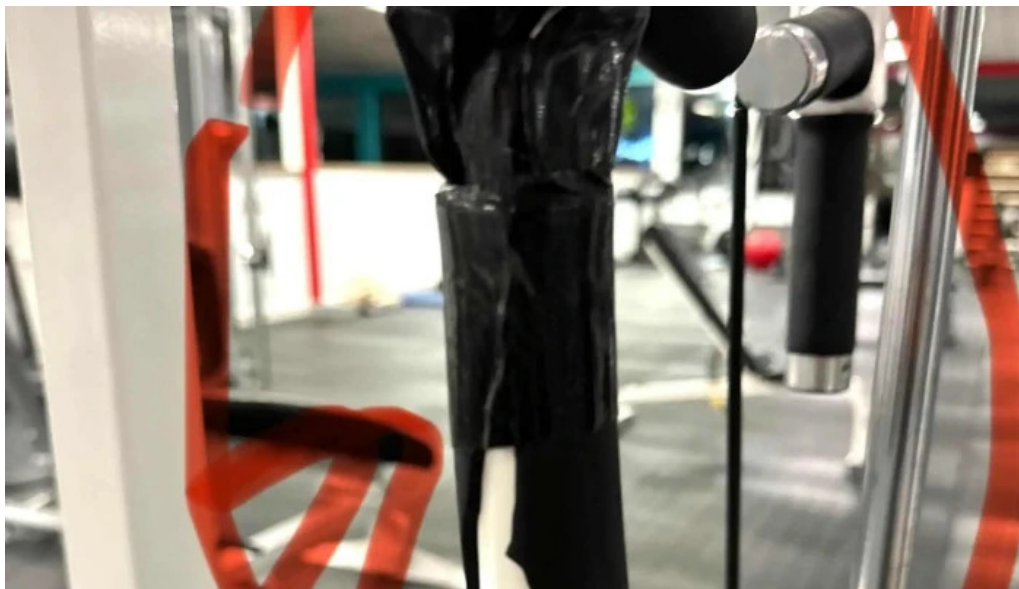
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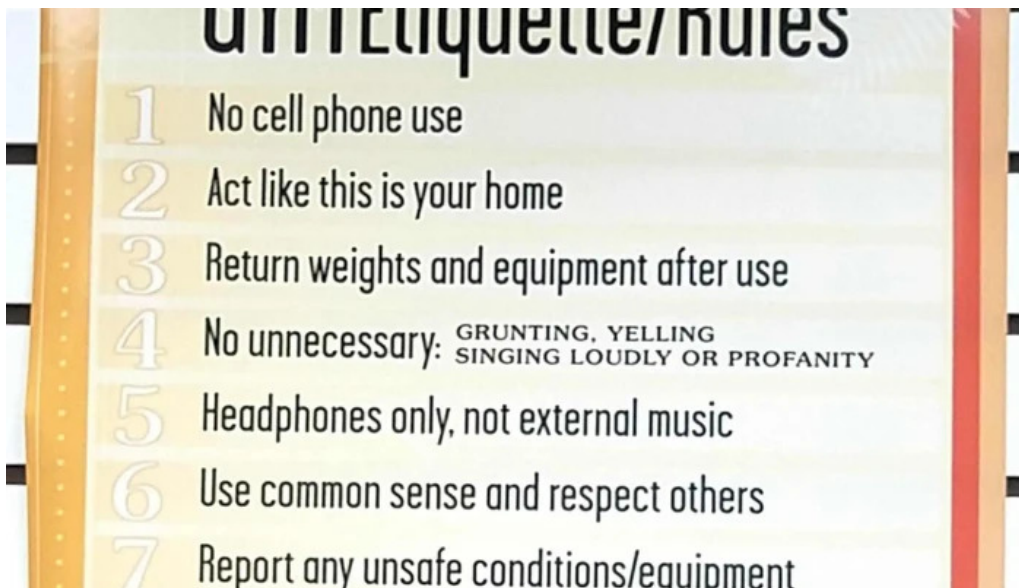
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New england fitness gym



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New england fitness address

Tags

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kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
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physical fitness program
physical therapy clinic
pickleball court
pilates studio
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recreation center
rehabilitation center
rock climbing gym
school district office
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sporting goods store
sports club
sports complex
sports medicine clinic
sports school
swimming instructor

swimming school
tennis club
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