

Double Down CrossFit - Gym, Personal Training - Yakima

yakima



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Double Down CrossFit - Gym, Personal Training - Yakima

Discovering Gym Double Down CrossFit in Yakima, Washington

Double Down CrossFit is a standout gym located in the heart of Yakima, Washington, dedicated to fostering a supportive and inclusive fitness community. With a welcoming atmosphere, this gym offers something for everyone, regardless of their fitness level or experience.

Accessibility Features

One of the key highlights of Double Down CrossFit is its commitment to

accessibility. The gym features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that individuals with mobility challenges can join in on the fitness journey without any hurdles. This dedication to accessibility allows everyone to participate fully in the vibrant community at DDX.

Welcoming Community Environment

Members consistently rave about the ****friendly and supportive community**** at Double Down CrossFit. A recent visitor shared their experience after returning to the gym following an injury: "Coach Mitchell adjusted my weights to very light and lowered my reps for safety, which I'm grateful for." This personalized approach extends throughout the gym, where each member feels supported and motivated by both trainers and peers alike. New members are always welcomed with open arms, as exemplified by a testimonial from a longtime member: "I felt welcome from the first day I started. Coach Dave does an amazing job modifying workouts to fit the needs of everyone in class." Such encouraging experiences make Double Down CrossFit a second home for many.

Planning Your Fitness Journey

Joining Double Down CrossFit requires a membership, but the benefits far outweigh the commitment. The gym offers premium programming tailored to meet each individual's goals, making it an ideal environment for building strength and endurance. Members reflect on their positive transformations, with one sharing, "Over the last 11 years at DDX, I've seen so many success stories from people with wide ranges of strength, skill, or experience levels." Whether you're looking to lose weight, become fitter, or simply enjoy a workout with friends, the coaches at Double Down CrossFit provide continuous support and guidance, ensuring that everyone finds their place within the community.

Conclusion

In conclusion, Gym Double Down CrossFit in Yakima, Washington, stands out not only for its accessible facilities but also for its warm, welcoming atmosphere. With a focus on member success and extensive support from skilled coaches, it's a perfect fit for anyone looking to improve their health and fitness. If you're considering a new gym, remember the importance of finding a place that feels like family—your journey to becoming your best self could start right here!

We are positioned at

3806 W Nob Hill Blvd #106, 98902 Yakima, Washington - United States (US)

The phone of said **Gym** is +1509-512-0670

And if you want to send a WhatsApp, you can do so at +1509-512-0670

You can visit us at the following hours:

Day Hours
Monday

Closed

Tuesday

5?AM–7:30?PM

Wednesday

5?AM–7:30?PM

Thursday

5?AM–7:30?PM

Friday

5?AM–7:30?PM

Saturday

5?AM–7:30?PM

Sunday

9–11?AM

The website is [Double Down CrossFit - Gym, Personal Training](#)

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Images



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

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