

Ocean Blue Fitness - Damariscotta

damariscotta

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Ocean Blue Fitness - Damariscotta

Discover Ocean Blue Fitness: Your Personal Trainer Haven in Damariscotta, Maine

If you're looking for a gym that prioritizes ****accessibility**** and personalized training, look no further than Ocean Blue Fitness. Nestled in the beautiful town of Damariscotta, this gym stands out not only for its exceptional trainers but also for its commitment to ensuring a welcoming environment for all.

Accessibility Features for Everyone

Ocean Blue Fitness takes pride in being a **“wheelchair-accessible facility”**. Visitors can utilize the **“wheelchair-accessible entrance”**, ensuring everyone can enter with ease. Once inside, you will find a **“wheelchair-accessible car park”** nearby, making your journey to fitness as smooth as possible. Additionally, the gym features a **“wheelchair-accessible toilet”**, providing convenience and comfort for all members.

A Range of Amenities to Enhance Your Experience

This gym is well-equipped with a variety of amenities designed to cater to your fitness needs. With spaces for different workout styles, including dedicated areas featuring **“Pilates machines”**, Ocean Blue Fitness offers something for everyone. The atmosphere is friendly and supportive, as many members have noted, which helps newcomers feel right at home.

Expert Trainers Ready to Guide You

At Ocean Blue Fitness, **“appointments are recommended”** for personalized training sessions. This ensures that each member receives focused attention tailored to their individual goals. Members have expressed high praise for the staff, highlighting their extensive knowledge and ability to adjust workouts to meet your fitness level. Trainers continuously update their skills, providing fresh and challenging routines, so you never get bored.

Why Ocean Blue Fitness Stands Out

Many visitors attest to the unique experience offered at Ocean Blue Fitness. From highly recommended **“1:1 training sessions”** to various classes that challenge and engage, the opportunities for personal growth are endless. Reviewers have shared their positive experiences, noting how the supportive community has helped them stay accountable and motivated. Whether you're preparing for post-surgery rehabilitation or simply looking to maintain an active lifestyle, Ocean Blue Fitness is dedicated to helping you achieve your fitness goals. The warm atmosphere fosters new friendships and encourages members to try new exercises regularly.

Join the Ocean Blue Family Today!

If you're in Damariscotta, Maine, and searching for a welcoming fitness community, consider visiting Ocean Blue Fitness. With its focus on accessibility, comprehensive amenities, and expert trainers, this gym is equipped to support you on your fitness journey. Don't hesitate to set up an appointment and experience the supportive environment that so many have come to love. You won't regret it!

The location of our business is in

64 Chapman St, 04543 Damariscotta, Maine - United States (US)

The contact line of said **Personal trainer** is +1207-563-2668
And if you want to send a WhatsApp, you can do so at +1207-563-2668

We open at the following schedule:

Day Hours
Monday
5?AM–6:30?PM
Tuesday
5?AM–6:30?PM
Wednesday
7–11?AM
Thursday
Closed
Friday
5?AM–6:30?PM
Saturday
5?AM–6:30?PM
Sunday
5?AM–6:30?PM

The website is Ocean Blue Fitness

If necessary to alter any information that you think is not precise about this web, please send a message and we will fix it as soon as possible. In advance we appreciate it.

Images



Ocean blue fitness training



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Ocean blue fitness professional fitness coach



Ocean blue fitness physical fitness



Ocean blue fitness map



Ocean blue fitness gym



Ocean blue fitness damariscotta



Ocean blue fitness by owner



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Tags

Amenities, Wheelchair-accessible toilet, Appointments recommended, Wheelchair-accessible car park, Toilet, Accessibility, Planning, Wheelchair-accessible entrance

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hair salon
health consultant
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health spa
hiking area
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indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist

outdoor clothing and equipment shop
outdoor sports store
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parking lot
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swimming school
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tanning salon
tennis club
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