

212 Health and Performance - Rumford

rumford

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rumford

212 Health and Performance - Rumford

Discover 212 Health and Performance in Rumford, Rhode Island

If you're searching for a gym that transcends the ordinary workout experience, **212 Health and Performance** in Rumford, Rhode Island, is your destination. This locally-owned gym not only provides access to high-quality training but also fosters a community atmosphere that encourages personal growth and well-being.

Amenities and Accessibility

212 Health and Performance understands the importance of accessibility for all its members. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy their fitness journey without barriers. Additionally, there is a **wheelchair-accessible toilet**, making it comfortable for all visitors.

Online Classes and Service Options

For those who prefer to work out from home, **online classes** are available at 212, allowing you to stay connected with the community and continue your fitness regime remotely. The gym offers various **service options**, including small group training, one-on-one coaching, and open gym sessions. Appointments are recommended for personalized training, ensuring that every member receives tailored support.

The Unique Experience of 212 Health and Performance

What sets 212 apart from other gyms is the unique experience offered during every class. Members consistently express how each session feels fresh and engaging. The dedicated coaches genuinely care about their clients, knowing their names and personal goals. This level of personal attention transforms mere workouts into a supportive fitness journey.

The positive environment is palpable. Many members describe it as feeling like part of a family rather than just another number in a crowd. This sense of community is what keeps them motivated and coming back for more, with many participants noting the friendly interactions and camaraderie built over time.

Join the 212 Community

Whether you're a beginner or an experienced athlete, 212 Health and Performance welcomes individuals of all ages, shapes, and ability levels. The knowledgeable trainers are skilled at modifying workouts to ensure that everyone feels included and challenged appropriately. If you're looking for a place where you can thrive, conquer fitness goals, and be surrounded by supportive people, **212 Health and Performance** is the perfect choice. Join today and experience the transformative power of a truly collaborative gym environment!

Our establishment is located at

20 Newman Ave #2002, 02916 Rumford, Rhode Island - United States (US)

The phone number of the respective **Personal trainer** is +1401-383-5959
And if you want to send a WhatsApp, you can do so at +1401-383-5959

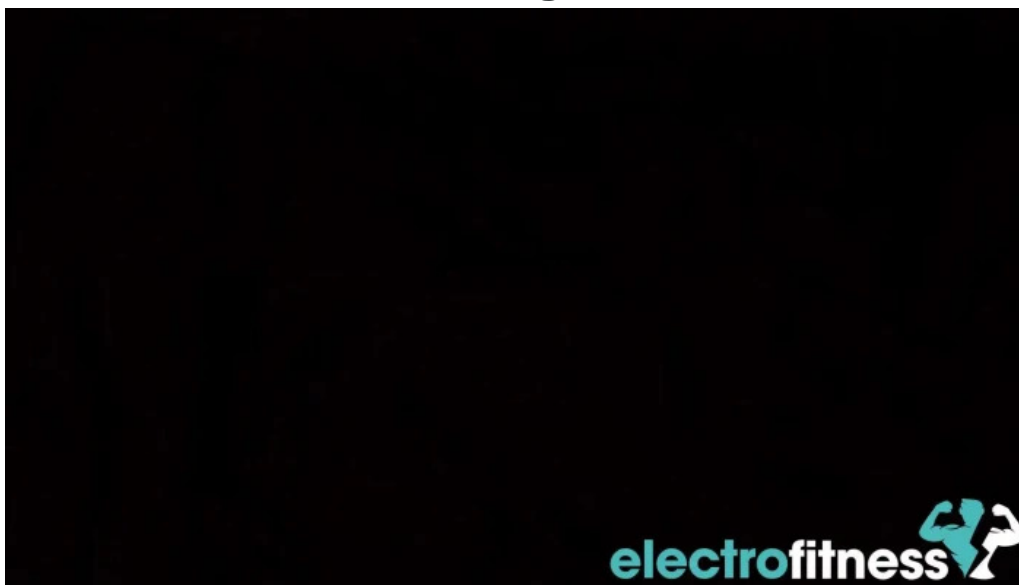
We are available at these times:

Day	Hours
Monday	5:30?AM–6?PM
Tuesday	7?AM–12?PM
Wednesday	8–11?AM
Thursday	5:30?AM–7?PM
Friday	5:30?AM–7?PM
Saturday	5:30?AM–7?PM
Sunday	5:30?AM–7?PM

The website is 212 Health and Performance

If you require to alter any data that you think is not correct about this page, we kindly request send a message so that we will handle it as soon as possible. Thank you in advance thanks.

Images



212 health and performance videos



212 health and performance training



212 health and performance street view 360deg



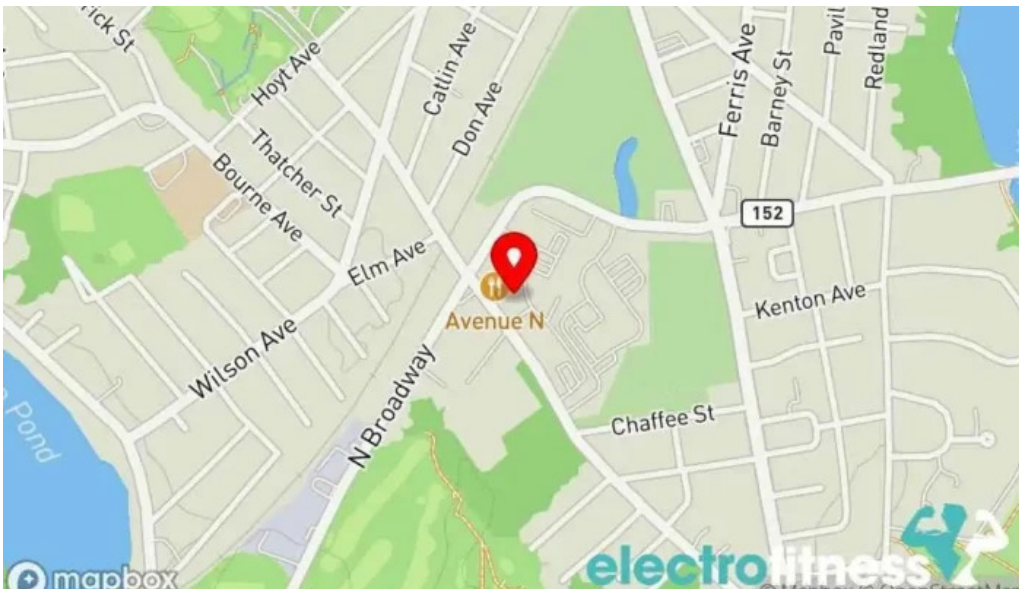
212 health and performance rumford



212 health and performance physical fitness



212 health and performance personal trainer



212 health and performance map



212 health and performance gym



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Tags

Accessibility, Appointments recommended, Toilet, Service options, Online classes, Planning, Wheelchair-accessible car park, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Amenities

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shooting range
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sports club
sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
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vitamin & supplements store
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