

## Dc Strength And Fitness - East Longmeadow

east longmeadow

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*east longmeadow*

## *Dc Strength And Fitness - East Longmeadow*

### **DC Strength And Fitness: A Comprehensive Physical Fitness Program**

DC Strength And Fitness, located in East Longmeadow, Massachusetts, offers a diverse and inclusive environment for individuals looking to enhance their physical fitness. The facility is designed to cater to a wide range of fitness levels and preferences, providing an exceptional experience for all members.

### **Accessibility Features**

One of the standout aspects of DC Strength And Fitness is its commitment to

**\*\*accessibility\*\***. The gym ensures that everyone can benefit from its programs, regardless of physical limitations. This dedication to inclusivity is evident in various features throughout the facility.

### **Wheelchair-Accessible Car Park**

DC Strength And Fitness boasts a **\*\*wheelchair-accessible car park\*\***, making it easy for individuals with mobility challenges to access the gym. This thoughtful design element allows for a seamless transition from vehicle to workout space, ensuring that all members have the opportunity to engage in physical fitness activities.

### **Wheelchair-Accessible Entrance**

The **\*\*wheelchair-accessible entrance\*\*** further enhances the facility's accessibility. With an entrance that accommodates individuals using wheelchairs or other mobility aids, DC Strength And Fitness removes barriers that might prevent potential members from participating in fitness programs. This commitment reflects the gym's mission to create an environment where everyone feels welcome and empowered.

### **A Look Inside the Facility**

Visitors to DC Strength And Fitness often note that it delivers on what you would expect from an indoor athletic field. Whether you're interested in strength training, group classes, or specialized programs, the gym provides a comprehensive range of options tailored to meet diverse fitness goals.

### **Conclusion**

If you're in East Longmeadow, Massachusetts, and seeking a physical fitness program that prioritizes accessibility and inclusivity, look no further than DC Strength And Fitness. With its wheelchair-accessible car park, entrance, and a variety of fitness offerings, this facility stands out as an exemplary model for community-focused wellness. Join today and discover how DC Strength And Fitness can help you achieve your fitness aspirations!

### **You can come to our business at**

175 Benton Dr, 01028 East Longmeadow, Massachusetts - United States (US)

The phone of the mentioned **Physical fitness program** is +1413-297-5639  
And if you want to send a WhatsApp, you can do so at +1413-297-5639

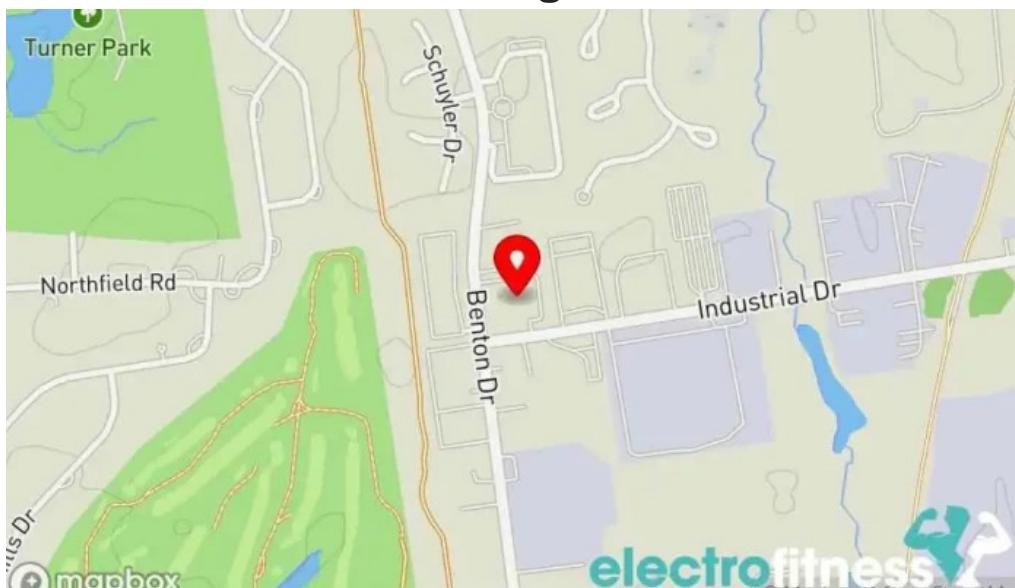
### **Visit us during the following hours:**

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

The website is [DC Strength And Fitness](#)

If you require to update any information that you think is not precise related to this page, we ask forward a message so that we will fix it at the earliest convenience. With anticipation thank you very much.

## Images



*Dc strength and fitness map*



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*Dc strength and fitness all*

## Tags

*Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park*

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<b>5.0 *</b>	<i>The Pound Martial Arts Center - East Wareham</i>

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convenience store
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coworking space
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golf course
golf instructor
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health consultant
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physical fitness program
physical therapist

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pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
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