

Speed Power Strength Gym - Oakland

oakland

☐ I'm not a robot



RECAPTCHA

Published on: 05/05/25	Hits: 544
Comments: 0	See comments
Votes: 68	Score: 5

https://www.electrofitness.com/physical-fitness-program/oakland/speed-power-strength-gym-oakland_271513.php



oakland

Speed Power Strength Gym - Oakland

Welcome to Speed Power Strength Gym

Located in Oakland, California, ****Speed Power Strength Gym**** is more than just a fitness facility—it's a community that identifies as Black-owned and is proudly LGBTQ+ friendly. With a commitment to inclusivity, SPS offers a range of ****amenities**** designed to accommodate everyone, ensuring that your fitness journey is both welcoming and accessible.

A Commitment to Accessibility

At SPS, accessibility is prioritized with features such as a **wheelchair-accessible entrance**, **car park**, and **seating**. The gym includes **gender-neutral toilets** and a **transgender safe space**, making it a supportive environment for all members. With **on-site services** like personal training and wellness classes, you can focus on reaching your fitness goals without barriers.

State-of-the-Art Equipment

SPS is equipped with the finest gear, including Eleiko weightlifting platforms and Rogue equipment for cross-training. Reviews highlight the gym's top-notch facilities: **"This gym has the best equipment hands down"**. The environment is clean, spacious, and ideal for anyone from beginners to competitive athletes. Whether you're into Olympic weightlifting or powerlifting, SPS provides everything you need to excel.

Exceptional Coaching Staff

The coaching team at SPS is known for their expertise and support. Coaches like Mike Jenkins, Sean, Bianca, and Brandon bring extensive experience and passion for fitness to each session. From Olympic weightlifting classes to strength workouts, they ensure personalized attention for every member. As one client noted, **"Coaching staff emphasizes a personalized approach,"** fostering an atmosphere where everyone can thrive.

Community and Support

SPS isn't just a gym; it's a vibrant community. The welcoming atmosphere and camaraderie among members make it an inviting space for all fitness levels. Numerous reviews reflect this sentiment: **"You can be yourself at SPS"**. The facility is home to various programs, including youth training initiatives that help develop young athletes.

Online Classes and Flexibility

In addition to in-person training, SPS offers **online classes** to cater to those who may prefer working out from home. This flexibility ensures that you can stay engaged with your fitness journey, no matter where you are.

Schedule Your Visit Today!

If you're in the East Bay area and seeking a gym that combines elite equipment, knowledgeable coaching, and a supportive community, look no further than Speed Power Strength Gym. As many members attest, **"this is the best gym in the country!"** Come and discover what makes SPS truly special—a place where everyone, regardless of background or fitness level, is encouraged to lift, grow, and succeed together.

Our location is in

2140 Livingston St, 94606 Oakland, California - United States (US)

The contact line of said **Physical fitness program** is +1510-239-7395
And if you want to send a WhatsApp, you can do so at +1510-239-7395

Our service hours are:

Day	Hours
Monday	5–8?PM
Tuesday	5–8?PM
Wednesday	7–10?AM 5–8?PM
Thursday	5–8?PM
Friday	10?AM–1?PM
Saturday	Closed
Sunday	7–10?AM 5–8?PM

The website is Speed Power Strength Gym

If you wish to update any data that you believe is not accurate concerning this site, please forward a message and we will correct it at the earliest convenience. In advance we appreciate it.

Images



Speed power strength gym where



Speed power strength gym videos



Speed power strength gym street view 360deg



Speed power strength gym score



Speed power strength gym prices



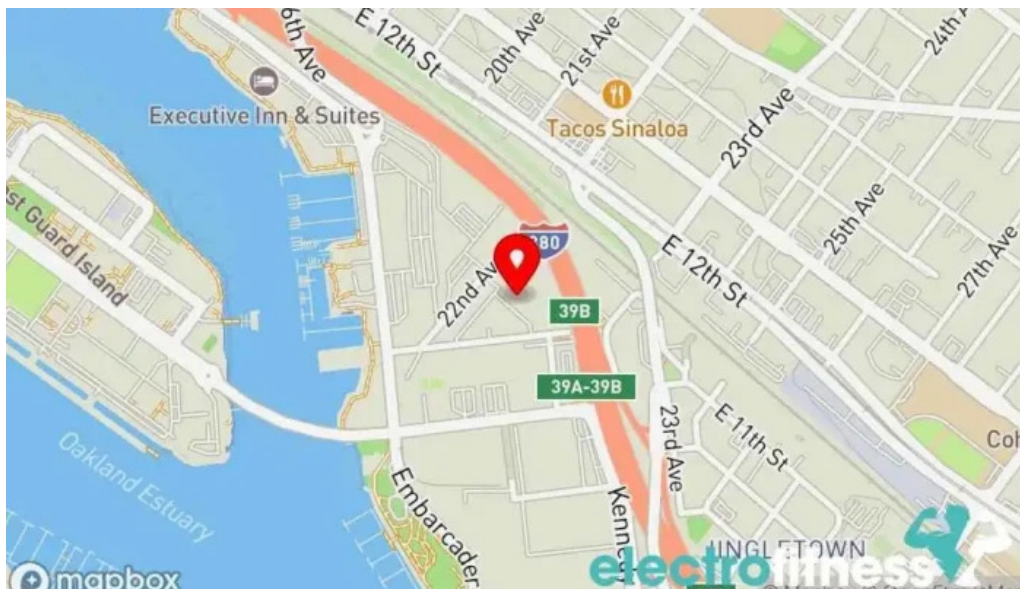
Speed power strength gym physical fitness program



Speed power strength gym oakland



Speed power strength gym number



Speed power strength gym map



Speed power strength gym latest



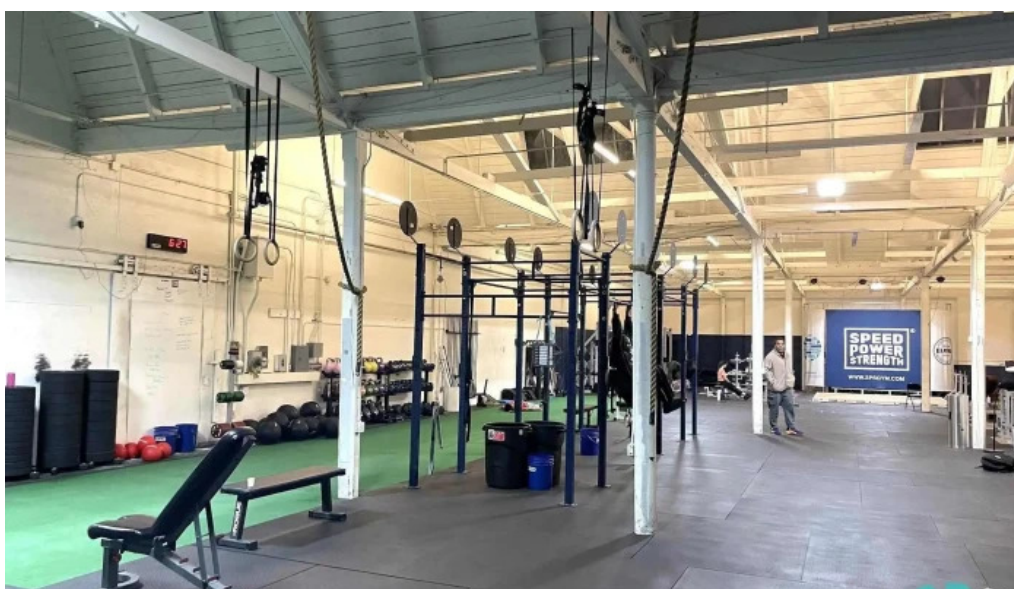
Speed power strength gym comments



Speed power strength gym by owner



Speed power strength gym area



Speed power strength gym all

Tags

Toilet, Wheelchair-accessible entrance, Online classes, Wheelchair-accessible seating, From the business, LGBTQ+ friendly, Amenities, Accessibility, Identifies as Black-owned, Transgender safe space, Service options, Crowd, Wheelchair-accessible car park, On-site services, Gender-neutral toilets

Related content

5.0 * *Parisi Speed School Powered by True Warrior Training - Essex Junction*

4.8 * *Power Train Sports & Fitness - Rockville*

5.0 *	<i>Power and Grace Yoga - New Bedford</i>
5.0 *	<i>Black Flag Strength - Hanover</i>
5.0 *	<i>Rotational Power Strength - Acton</i>
4.9 *	<i>Agoura Power of Yoga - Agoura Hills</i>
4.8 *	<i>GoodWolf Power Yoga Studio - Lafayette</i>
5.0 *	<i>Life Power Llc - Merrillville</i>
5.0 *	<i>Ft Power - Othello</i>
5.0 *	<i>The Strength Lab, Llc - Clemmons</i>

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club

coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel

kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store

sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
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
wrestling school
yoga instructor
yoga studio
youth organization