

CrossFit San Leandro - San Leandro

san leandro

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CrossFit San Leandro - San Leandro

Discover CrossFit San Leandro: Your Ultimate Physical Fitness Program

CrossFit San Leandro, located in the heart of San Leandro, California, offers a unique blend of fitness programs designed to cater to individuals of all skill levels. With a strong emphasis on community, inclusivity, and expert coaching, this gym stands out as an exceptional choice for anyone looking to enhance their physical fitness journey.

Community & Accessibility

At CrossFit San Leandro, members experience a welcoming environment that fosters camaraderie and support among individuals of varying fitness levels. The facility features **wheelchair-accessible entrances** and **on-site parking**, including **free of charge street parking** and a **free parking lot** for ease of access. The gym is committed to being a **transgender safe space**, ensuring that everyone feels comfortable and respected.

Class Options & Services

One of the standout features of CrossFit San Leandro is the variety of **class options** available. From high-intensity workouts to specialized training, members can easily find sessions that suit their preferences and fitness goals. **Online classes** are also offered, providing flexible scheduling for those who prefer to train from home. Each class is led by knowledgeable coaches who prioritize **injury prevention** and proper form. Clients appreciate the accommodating nature of the sessions, where modifications are provided to ensure everyone can participate safely. As one member noted, "They respect the weights that I choose for myself," highlighting the gym's commitment to individual fitness journeys.

Amenities & On-Site Services

CrossFit San Leandro is not just about workouts; it also offers a range of **on-site services** to enhance members' experiences. The gym includes **gender-neutral toilets** and a **sauna**, allowing for a comfortable post-workout recovery. A standout amenity is the in-house massage therapist, Karla, whose expert treatments have been praised for relieving tension and promoting recovery.

A Space for Everyone

The community at CrossFit San Leandro is diverse and inclusive, welcoming individuals of all body types, ages, and abilities. The gym's family-oriented atmosphere resonates strongly with members, many of whom express how the supportive culture helps them push beyond their limits. As one participant remarked, "It's a very welcoming environment... sometimes I don't push too hard because it's been a while since I've weight lifted, and nobody judges me here."

Planning Your Visit

If you're considering joining CrossFit San Leandro, keep in mind that **appointments are required** for certain classes, particularly during peak hours. The gym encourages potential members to plan ahead, ensuring that they can fully benefit from the resources and community offered. With a dedicated staff, a comprehensive approach to fitness, and a welcoming vibe, CrossFit San Leandro is an excellent choice for anyone looking to transform their fitness journey. Whether you're a seasoned athlete or just beginning, visit CrossFit San

Leandro today, where every workout brings you closer to your health goals!

We are located at

2100 Orchard Ave, 94577 San Leandro, California - United States (US)

The contact phone of said **Physical fitness program** is +1510-399-1563

And if you want to send a WhatsApp, you can do so at +1510-399-1563

Our service hours are:

Day Hours
Monday
5?AM–7:30?PM
Tuesday
5?AM–7:30?PM
Wednesday
5?AM–7:30?PM
Thursday
5?AM–6:30?PM
Friday
8?AM–12?PM
Saturday
8:30–10:30?AM
Sunday
5?AM–7:30?PM

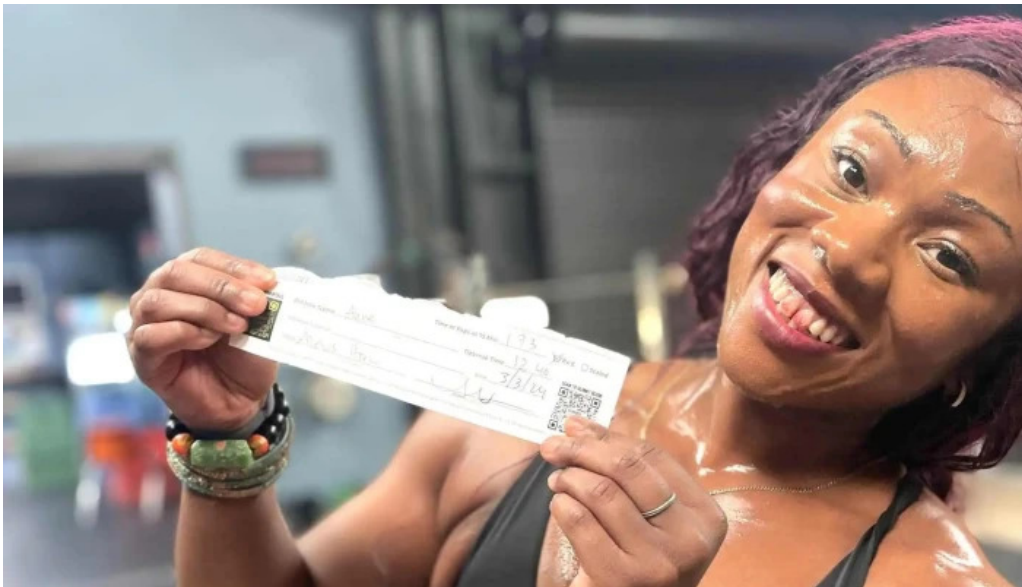
The website is CrossFit San Leandro

If you wish to update any element that you think is not correct regarding this site, please send a message and we will adjust it at the earliest convenience. Thanks beforehand we appreciate it.

Images



Crossfit san leandro street view 360deg



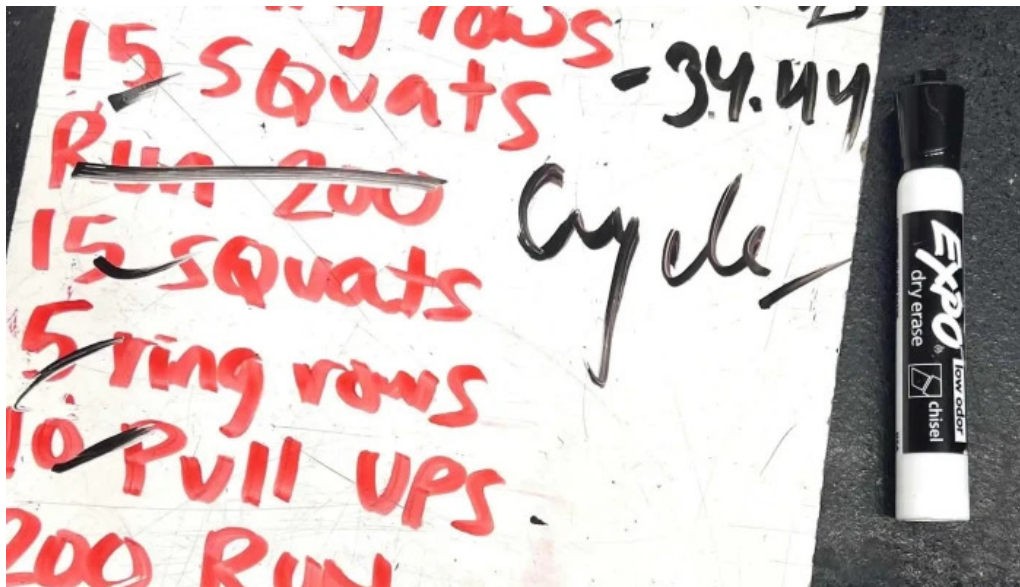
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Crossfit san leandro promotion



Crossfit san leandro physical fitness program



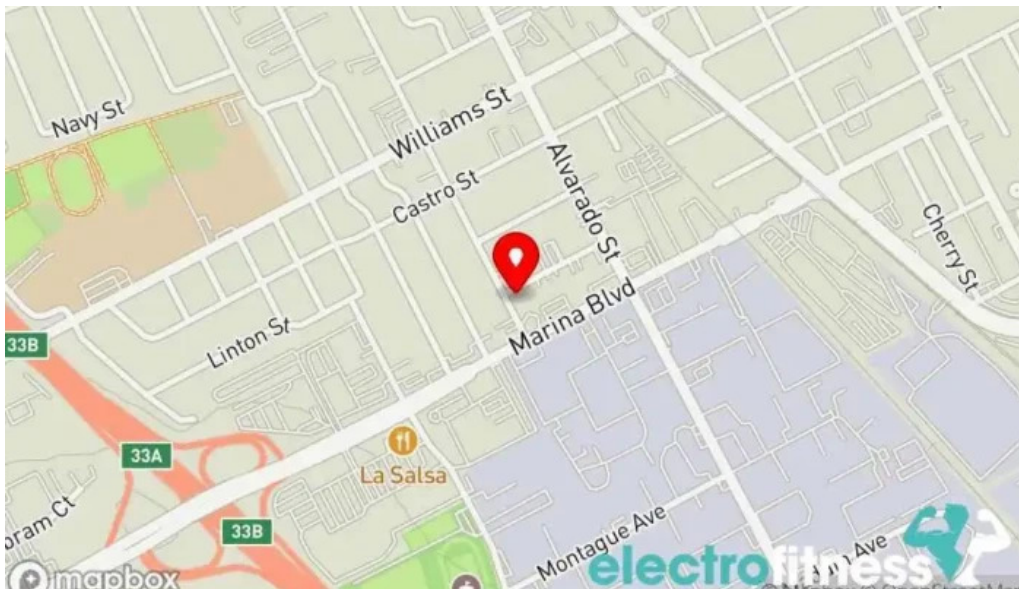
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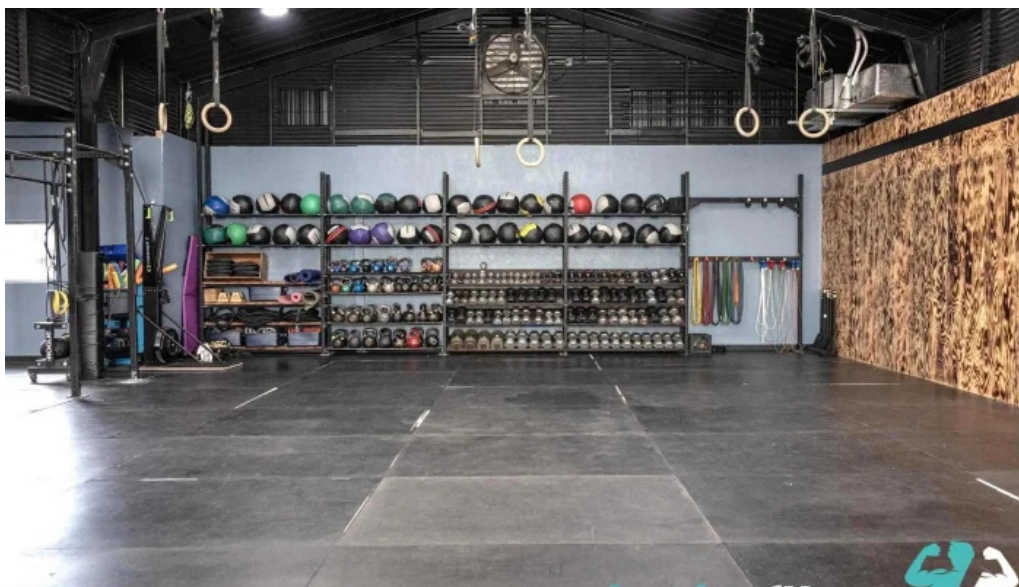
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Tags

LGBTQ+ friendly, From the business, Transgender safe space, Service options, On-site services, Crowd, Toilet, Parking, Planning, Sauna, Appointment required, Online classes, Amenities, Wheelchair-accessible car park, Gender-neutral toilets, Free parking lot, Accessibility, Wheelchair-accessible entrance, Free of charge street parking, Identifies as women-owned, On-site parking

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