

Spokane Fitness Center - Spokane Valley

spokane valley

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Experience the Spokane Fitness Center: A Comprehensive Physical Fitness Program

Located in Spokane Valley, Washington, the Spokane Fitness Center offers an extensive ****physical fitness program**** that caters to all ages and skill levels. With a variety of ****service options**** available, this center is designed to fulfill your fitness needs while ensuring a welcoming environment for everyone.

Amenities that Stand Out

The Spokane Fitness Center boasts a plethora of **amenities**, including a basketball court, a sauna, and spacious workout areas. Here's what makes this gym exceptional: - **Basketball Court**: Get in some practice or join a game with friends at the well-maintained basketball court. - **Sauna**: Unwind after a rigorous workout in the sauna, providing a perfect way to relax your muscles. - **Child Care Services**: The center also features dedicated child care services, allowing parents to work out while their children are cared for in a safe environment.

Accessibility Features

The Spokane Fitness Center prioritizes **accessibility** for all members. Key features include: - **Wheelchair-accessible entrance** and seating - **Wheelchair-accessible car park** for easy access - Facilities designed to accommodate all users to ensure a comfortable experience.

On-site Services to Enhance Your Experience

In addition to the gym equipment, the center provides various **on-site services** that add value to your membership: - Personal training sessions tailored to meet individual goals - Online classes for those who prefer working out from home - Regular cleaning and maintenance of facilities to uphold hygiene standards.

Community and Class Offerings

The community at Spokane Fitness Center is one of its most appealing aspects. Feedback from members highlights the friendly staff and encouraging atmosphere. While some members have suggested an increase in class offerings, particularly in the evening and weekend slots, the current variety includes activities like yoga, TRX, and Les Mills Pump.

Conclusion

Whether you're looking for a place to regularly work out, need child care while exercising, or want access to diverse amenities like a sauna and basketball court, the Spokane Fitness Center has you covered. Despite some room for improvement in cleanliness and class availability, the welcoming environment and comprehensive fitness programs make it a fantastic choice for anyone in Spokane Valley. Join today and experience what makes this gym a beloved community hub for fitness enthusiasts!

The premises are located at

14210 E Sprague Ave, 99216 Spokane Valley, Washington - United States (US)

The phone of the mentioned **Physical fitness program** is +1509-443-4896
And if you want to send a WhatsApp, you can do so at +1509-443-4896

Visit us during the following hours:

Day Hours
Monday
5?AM–9?PM
Tuesday
5?AM–9?PM
Wednesday
5?AM–9?PM
Thursday
7?AM–7?PM
Friday
7?AM–7?PM
Saturday
5?AM–9?PM
Sunday
5?AM–9?PM

The website is [Spokane Fitness Center](#)

If necessary to adjust any detail that you consider is not accurate about this page, we kindly request send a message so we can we will adjust it at the earliest convenience. Thanks beforehand thanks for your cooperation.

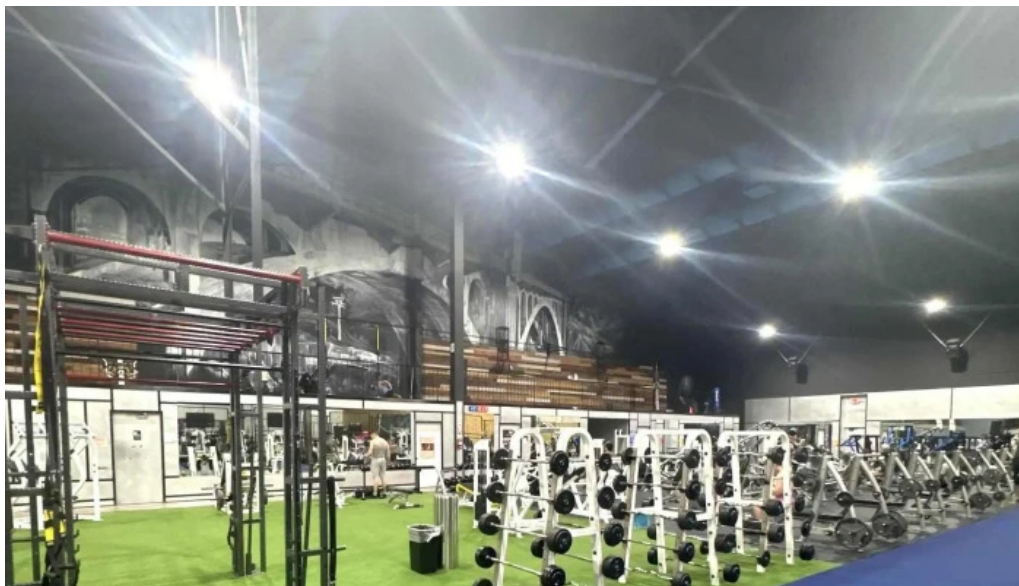
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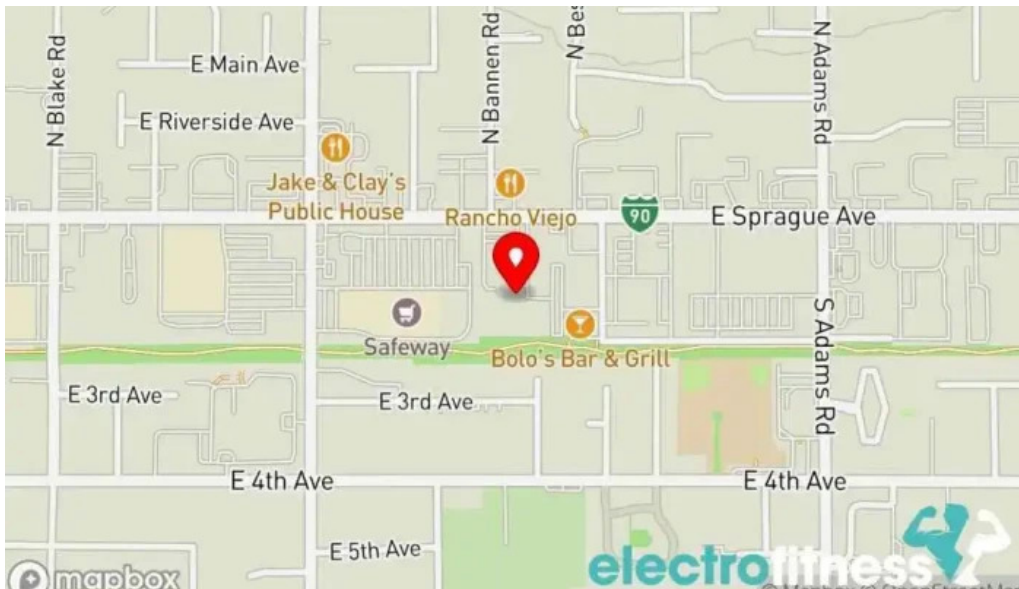
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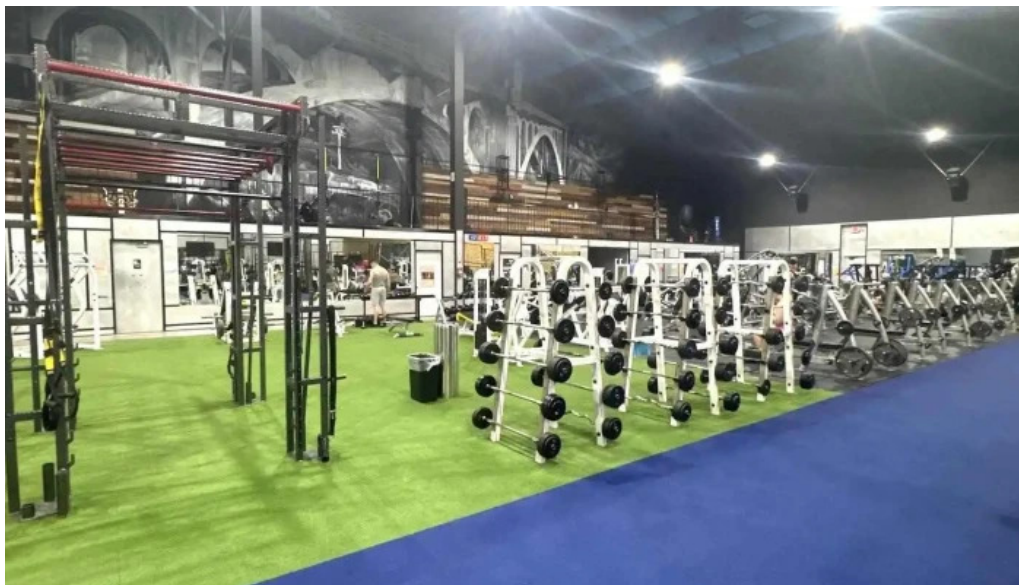
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Tags

Service options, Wheelchair-accessible seating, On-site services, Wheelchair-accessible car park, Amenities, Sauna, Basketball court, Child care, Accessibility, Online classes, Wheelchair-accessible entrance

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