

Tice Creek Fitness Center at Rossmoor - Walnut Creek

walnut creek

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Tice Creek Fitness Center at Rossmoor - Walnut Creek

Explore Tice Creek Fitness Center at Rossmoor

Tice Creek Fitness Center, located in the beautiful Walnut Creek, California, is a premier destination for fitness enthusiasts and those looking to maintain a healthy lifestyle. This private fitness center, exclusively available to residents of Rossmoor, boasts an impressive range of amenities that cater to individuals of all fitness levels.

Wheelchair-Accessible Features

One of the standout features of Tice Creek Fitness Center is its **wheelchair-accessible entrance** and **wheelchair-accessible car park**. This ensures that everyone, regardless of physical ability, can enjoy the state-of-the-art facilities available. The accessibility options make it an inclusive environment for all members.

Amenities That Inspire Wellness

The center offers an extensive array of **amenities** designed to enhance your fitness journey:

- **Clean and Well-Maintained Equipment**: The equipment is regularly maintained, ensuring that each piece functions optimally.
- **Diverse Workout Spaces**: Enjoy a variety of spaces including a dance room, yoga room, and pilates room.
- **Cardio and Weight Machines**: The center is equipped with modern cardio and weight machines suitable for all fitness preferences.
- **Swimming Pools**: Two swimming pools are available—ideal for both relaxation and rigorous workouts.
- **Locker Rooms**: The changing facilities provide convenience and comfort after your workout.

Fitness Programs and Classes

Tice Creek Fitness Center offers an engaging selection of group classes and personal training options. With highly qualified instructors, members can receive personalized guidance tailored to their individual health goals. Many residents have expressed their appreciation for the kind and helpful staff, who are always eager to assist with fitness education and exercise activities.

Community and Engagement

While some have pointed out areas for improvement, such as air circulation and management feedback processes, the overall sentiment remains positive. Members frequently commend the bright and airy atmosphere that makes working out enjoyable. Additionally, there's a call for more diverse offerings, such as free yoga classes, which could further enrich the community experience.

Conclusion

In summary, Tice Creek Fitness Center stands out as a top-tier facility within the SF Bay Area, offering not just a place to work out, but a comprehensive wellness experience. With its emphasis on **accessibility**, quality equipment, and a supportive community, it's an excellent choice for anyone looking to elevate their fitness routine. If you're considering a move to Rossmoor or know someone who lives there, exploring this facility is a must.

Our business is at

1751 Tice Creek Dr, 94595 Walnut Creek, California - United States (US)

The phone number of the mentioned **Physical fitness program** is +1925-988-7850
And if you want to send a WhatsApp, you can do so at +1925-988-7850

We are open during the following hours:

Day Hours
Monday
6?AM–9?PM
Tuesday
6?AM–9?PM
Wednesday
6?AM–6?PM
Thursday
6?AM–6?PM
Friday
6?AM–9?PM
Saturday
6?AM–9?PM
Sunday
6?AM–9?PM

The website is Tice Creek Fitness Center at Rossmoor

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Images



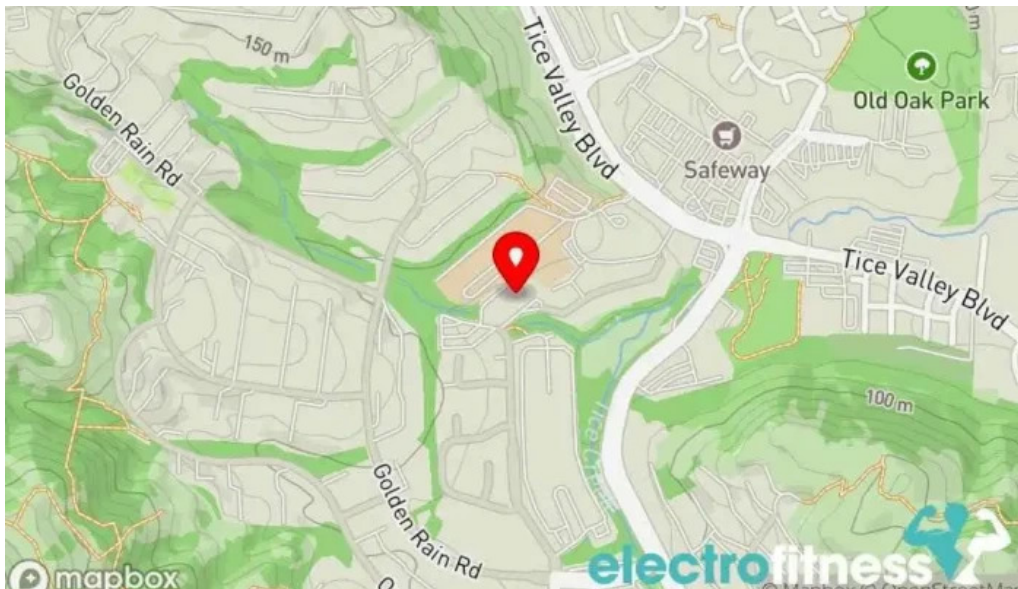
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Tags

Accessibility, Swimming pool, Amenities, Wheelchair-accessible entrance, Wheelchair-accessible car park

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