


## Fitness One - Alma

alma

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*alma*

## *Fitness One - Alma*

### **Discover Fitness One: Your Local Physical Therapy Clinic in Alma, Arkansas**

If you're seeking a physical therapy clinic that combines accessibility with excellent amenities, look no further than **Fitness One** in Alma, Arkansas. This facility may be small, but it offers an impressive range of machines and free weights, making it a great choice for individuals focused on rehabilitation and fitness.

## Amenities That Cater to Everyone

At Fitness One, the emphasis is on providing a welcoming environment for all, including those with special needs. The clinic features:

**Wheelchair-accessible car park:** Conveniently located parking spots ensure easy access for patients with mobility challenges. **Accessibility:** The entire premise is designed to accommodate everyone, enhancing the overall experience for patients and visitors alike. **Wheelchair-accessible entrance:** For those who require assistance, the entrance is designed to allow smooth entry and exit. **Wheelchair-accessible toilet:** Maintaining comfort and convenience is essential, and the facility includes a fully accessible restroom.

## Why Choose Fitness One?

The compact size of Fitness One doesn't compromise its capabilities. Many visitors have noted that despite its smaller footprint, the clinic is outfitted with **plenty of machines and free weights**. This diverse selection allows patients to engage in various exercises tailored to their rehabilitation needs.

Whether you are recovering from an injury or looking to improve your physical wellness, the expert staff at Fitness One is dedicated to guiding you through every step of your healing process.

## Conclusion

Fitness One stands out as a top choice for anyone in Alma, Arkansas, looking for a **physical therapy clinic** that prioritizes both accessibility and quality amenities. With its commitment to inclusivity and a well-equipped gym, Fitness One is ready to support you on your journey to recovery and fitness.

## You can find us in

1414 N Hwy 71, 72921 Alma, Arkansas - United States (US)

The contact phone of the respective **Physical therapy clinic** is +1479-632-0797

And if you want to send a WhatsApp, you can do so at +1479-632-0797

## Our service hours are:

Day Hours  
Monday  
8?AM–5?PM  
Tuesday  
Closed

Wednesday

*Closed*

Thursday

*8?AM–5:30?PM*

Friday

*8?AM–5:30?PM*

Saturday

*8?AM–5:30?PM*

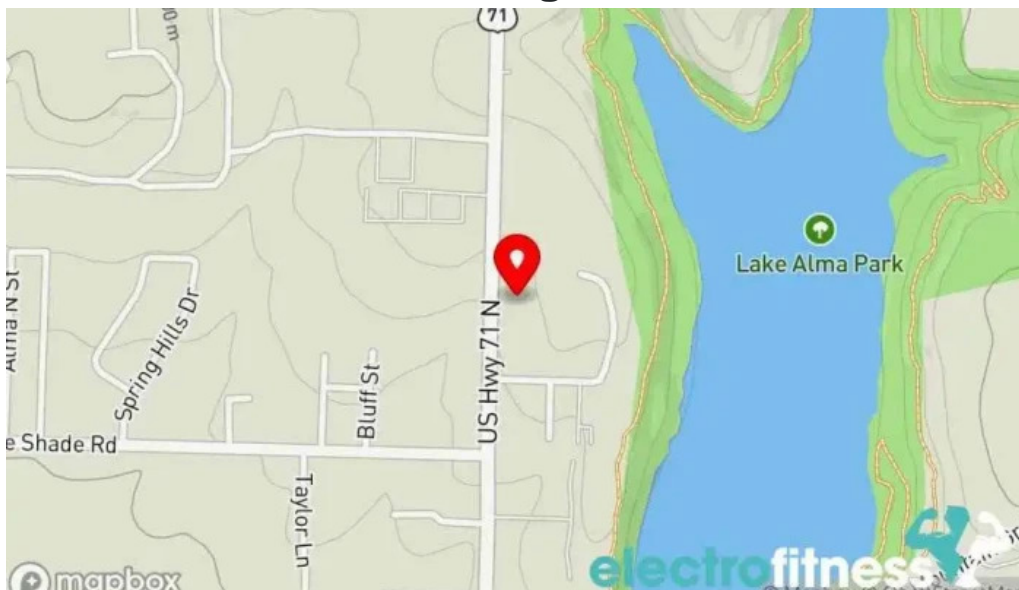
Sunday

*8?AM–5:30?PM*

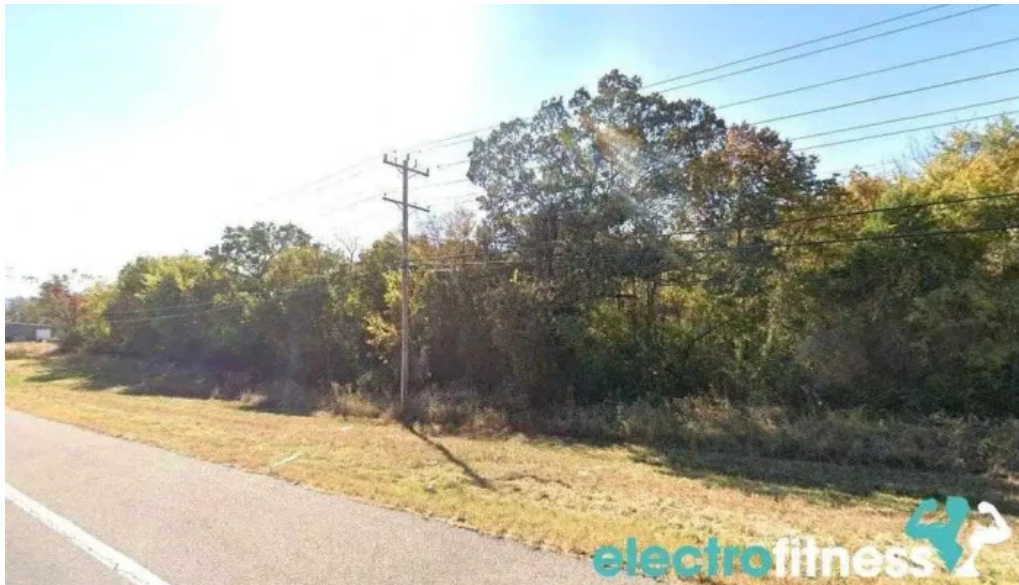
The website is [Fitness One](#)

If you require to alter any element that you believe is not precise related to this portal, we ask deliver a message and we will handle it at the earliest convenience. Thanks beforehand thank you very much.

## Images



*Fitness one map*



*Fitness one alma*



*Fitness one all*

## Tags

*Accessibility, Amenities, Wheelchair-accessible car park, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Toilet*

## Related content

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**4.6 \*** *Planet Fitness - Chandler*

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**4.5 \*** *Mountainside Fitness Chandler - Chandler*

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**5.0 \*** *Panthro Fitness - Pittsburgh*

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**4.9 \*** *Alachua Yoga Center - Alachua*

<b>5.0 *</b>	<i>Studio Ex Cycle &amp; Group Fitness - Hyannis</i>
<b>4.0 *</b>	<i>Sage Yoga Center - Abilene</i>
<b>4.9 *</b>	<i>Orangetheory Fitness - Dyer</i>
<b>3.6 *</b>	<i>Ezo Fitness - Fort Wayne</i>
<b>4.8 *</b>	<i>Orangetheory Fitness - Spokane</i>
<b>5.0 *</b>	<i>The Yoga Room - Crown Point</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
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
college



community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization
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
gymnastics club
hair salon
health consultant
health food restaurant
health food store
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 group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office

self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
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 pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization