

J.r. Holder Wellness Center - Alva

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Discovering J.R. Holder Wellness Center in Alva, Oklahoma

J.R. Holder Wellness Center stands out as a beacon of health and fitness in Alva, Oklahoma. With its wide variety of **service options** and a commitment to accessibility, this wellness center caters to the needs of all community members.

Accessibility Features

One of the key highlights of J.R. Holder Wellness Center is its dedication to ensuring everyone can enjoy the facilities. The **wheelchair-accessible*

entrance* is designed for easy entry, allowing those with mobility challenges to access the gym without any barriers. Additionally, the *wheelchair-accessible car park* ensures convenient parking for visitors who require it.

On-Site Services and Facilities

J.R. Holder Wellness Center offers an impressive range of *on-site services* that make it a perfect fit for fitness enthusiasts and those seeking leisure activities alike. The facility boasts an indoor track ideal for walking, jogging, or running, alongside a well-equipped gym featuring free weights, weight machines, treadmills, and more. Members can also take advantage of the pool, which serves both as a great place for swimming laps and aquatic therapy. Many reviews highlight the cleanliness of the gym, with staff reportedly cleaning equipment about 30 minutes before closing time. While some visitors appreciate the effort to maintain hygiene, others feel there might be a need for improved customer interaction during these cleaning routines. Communication is key, and there's room for enhancing the overall service experience.

Overall Experience

Despite mixed reviews regarding staff interactions, most patrons agree that J.R. Holder Wellness Center is a valuable asset to Alva. The affordability of gym fees and the overall maintenance of equipment contribute to a positive atmosphere. The combination of friendly staff and the plethora of fitness options makes it a compelling choice, especially since it is the only facility of its kind in town. In summary, the J.R. Holder Wellness Center is not just a gym; it's a community hub that embodies the spirit of fitness and wellness. Its focus on accessibility, coupled with a wide array of services, ensures that everyone in Alva has the opportunity to lead a healthier lifestyle.

You can find us at

709 W Okla Blvd, 73717 Alva, Oklahoma - United States (US)

The phone of this **Wellness center** is +1580-327-8100

And if you want to send a WhatsApp, you can do so at +1580-327-8100

Our public attention hours are:

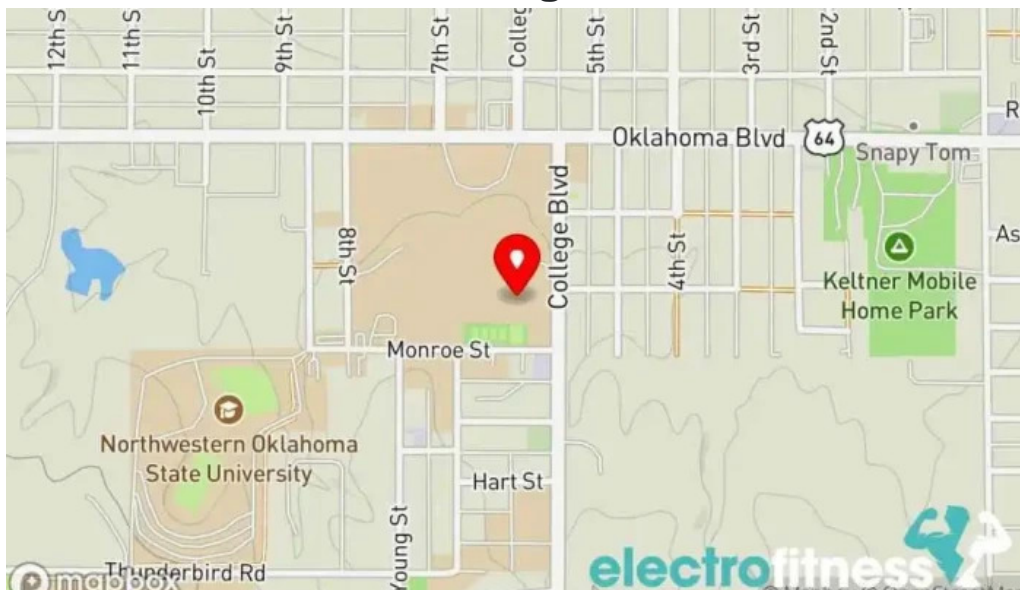
Day Hours
Monday
9?AM–3?PM
Tuesday
4–8?PM

Wednesday
6?AM–9?PM
Thursday
6?AM–9?PM
Friday
6?AM–9?PM
Saturday
6?AM–9?PM
Sunday
6?AM–9?PM

The website is J.R. Holder Wellness Center

If you need to modify any information that you believe is not accurate regarding this site, we urge you to forward a message so we can we will adjust it promptly. Thanks beforehand thank you very much.

Images



Jr holder wellness center map



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Tags

Wheelchair-accessible entrance, Accessibility, Service options, On-site services, Wheelchair-accessible car park

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kinesiotherapist
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martial arts school
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massage therapist
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medical group
medical spa
meditation center
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outdoor swimming pool
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