

Unwind - Summit 23 - Ankeny

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Unwind - Summit 23 - Ankeny

Discover Unwind - Summit 23: Your Go-To Wellness Center in Ankeny, Iowa

Unwind - Summit 23 is not just another gym; it is a comprehensive **wellness center** dedicated to enhancing your health and recovery. Located in Ankeny, Iowa, this facility offers a unique combination of advanced therapies and fitness options to cater to all your wellness needs.

Accessibility for Everyone

Unwind prides itself on being inclusive and accessible. The

****wheelchair-accessible entrance**** and ****wheelchair-accessible car park**** ensure that everyone can enjoy the extensive services offered without any barriers. This commitment to accessibility makes Unwind a welcoming place for individuals of all abilities.

A Tailored Experience

Many visitors have shared their impressive experiences at Unwind. One patron expressed, "Had such an amazing experience at Unwind today! We did a full workout followed by both cryotherapy and an infrared sauna session—everything was top-notch." This highlights the center's ability to provide a holistic approach to fitness and recovery, tailored to individual preferences.

Innovative Therapies for Optimal Recovery

At Unwind, cutting-edge treatments like ****PEMF therapy****, ****cryotherapy****, and ****red light therapy**** are available to enhance your wellness journey. Many clients have reported significant improvements in muscle soreness and overall health after only a few sessions. One enthusiastic review stated, "After just two visits, I noticed a huge improvement—almost full mobility and most of the soreness were gone!" The diverse range of therapies ensures that there is something for everyone, whether you're an athlete needing recovery support or someone looking to improve general health.

State-of-the-Art Facilities

Unwind boasts a spacious and well-maintained environment featuring modern fitness equipment and various workout zones for cardio, strength training, and functional workouts. Visitors have praised the cleanliness and inviting atmosphere, noting, "The staff is the friendliest people you will ever meet, and the studio is always so clean!"

Expert Guidance From Knowledgeable Staff

The staff at Unwind is described as knowledgeable and supportive. Clients appreciate the personalized attention they receive, especially when exploring different wellness therapies. One member remarked on how "Jordyn was absolutely the best—so helpful, knowledgeable, and made us feel totally taken care of from start to finish." This level of service fosters a sense of community and trust that keeps clients returning.

Your Next Steps Toward Wellness

If you're looking for a holistic approach to fitness and wellness, Unwind - Summit 23 stands out as a premier destination. With its commitment to accessibility, innovative therapies, and exceptional customer service, it's easy to see why many individuals highly recommend it. Whether you're aiming to recover from a rigorous workout or simply seeking to improve your overall

health, Unwind offers a comprehensive solution tailored just for you. Visit today and experience the difference for yourself!

We are found at

3606 NE Otter View Cir STE 13, 50021 Ankeny, Iowa - United States (US)

The phone number of the mentioned **Wellness center** is +1515-478-0697

And if you want to send a WhatsApp, you can do so at +1515-478-0697

Visit us during the following hours:

Day Hours
Monday
7?AM–2?PM
Tuesday
Closed
Wednesday
6?AM–8?PM
Thursday
6?AM–8?PM
Friday
6?AM–8?PM
Saturday
6?AM–8?PM
Sunday
6?AM–6?PM

The website is Unwind - Summit 23

In case you want to modify any data that you think is incorrect concerning this site, we urge you to send us a message so that we will handle it at the earliest convenience. With anticipation we appreciate it.

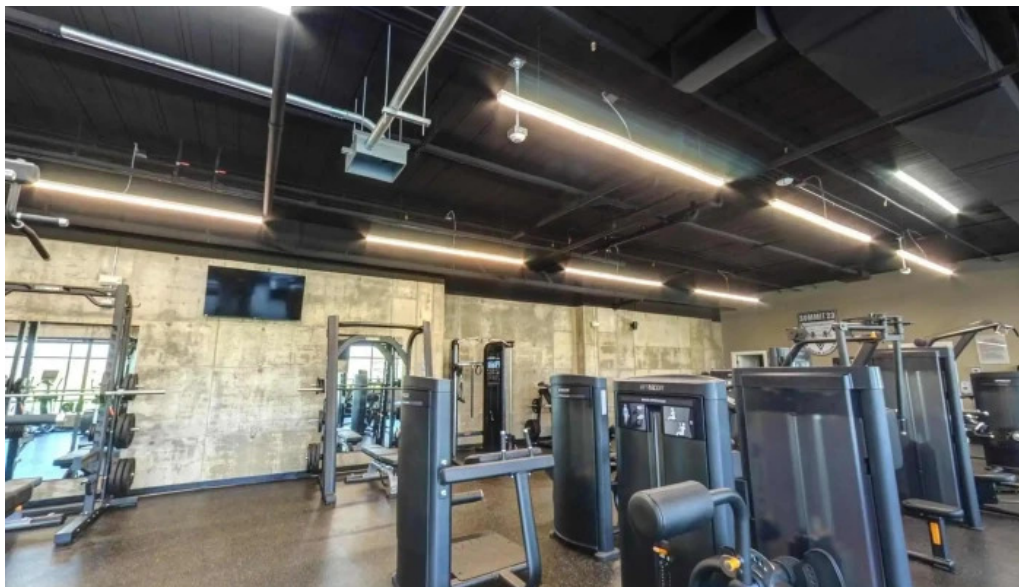
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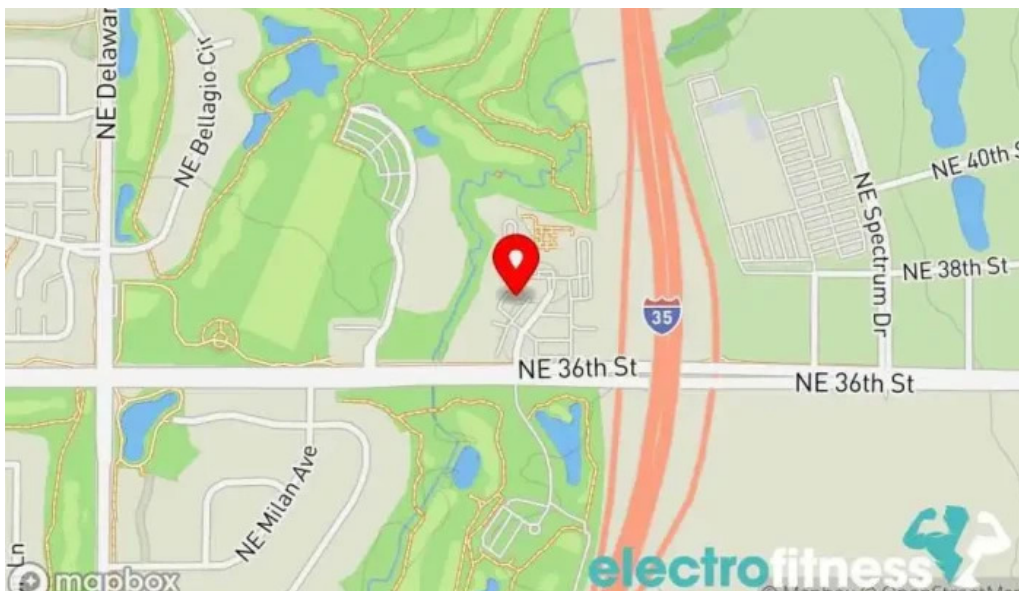
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Unwind summit 23 wellness center



Unwind summit 23 street view 360deg



Unwind summit 23 map



Unwind summit 23 by owner

**OPTIMIZE WELLNESS -
NON-INVASIVELY⁽¹⁾**

PEMF generates energy at the cellular level without medically invasive procedures. This amplification of natural energy encourages the body to function more effectively for overall wellness.

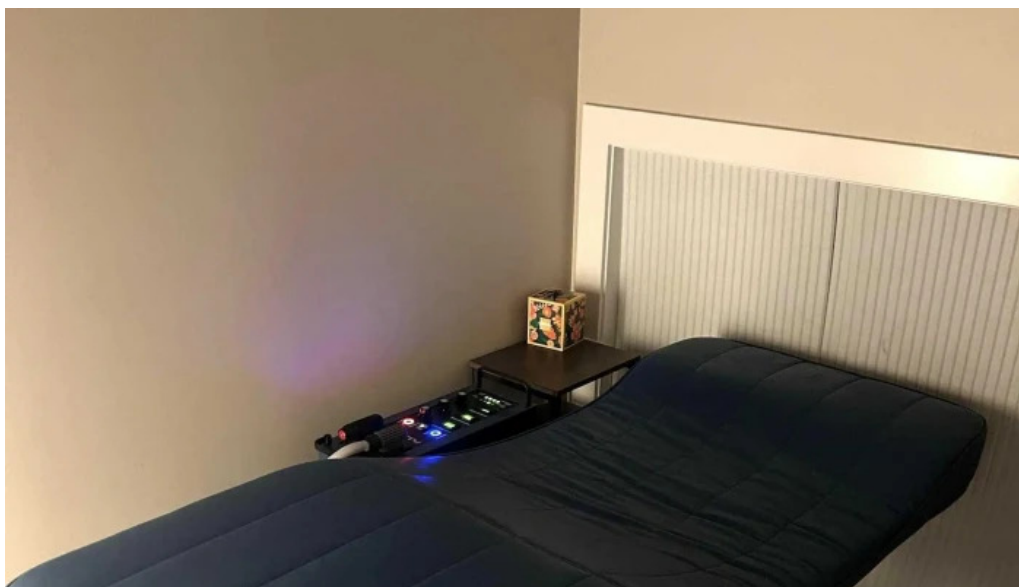
**ENHANCE THE BODY'S
NATURAL RECOVERY
PROCESS⁽²⁾**

PEMF capitalizes on the body's intelligence and incredible self-healing capabilities, encouraging the cells with natural energy to better perform their many functions.

**ASSIST WITH MUSCLE
FATIGUE & DISCOMFORT
AFTER EXERCISE⁽³⁾**

Complement any training program.

Unwind summit 23 area



Unwind summit 23 ankeny



Unwind summit 23 all

Tags

Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park

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| animal feed store |
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| apartment complex |
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| art gallery |
| assisted living facility |
| association / organization |
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| athletic track |
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| barber shop |
| basketball club |
| basketball court |
| batting cage center |
| beauty salon |
| beer store |
| body shaping class |
| boot camp |
| boxing club |
| boxing gym |
| boxing ring |

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| children's party service |
| chiropractor |
| church |
| club |
| coffee shop |
| college |
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| community college |
| community health centre |
| convenience store |
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| coworking space |
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| department store |
| disability services and support organization |
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| discount store |
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| educational institution |
| electric utility company |
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| gated community |
| general hospital |
| golf club |
| golf course |
| golf instructor |
| grocery store |
| gun club |
| gym |
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| gymnastics center |
| gymnastics club |
| hair salon |
| health consultant |
| health food restaurant |
| health food store |
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| self defense school |
| senior citizen center |
| shoe store |
| shooting range |
| shopping mall |
| soccer club |
| social club |
| software company |
| spa |

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| sports nutrition store |
| sports school |
| summer camp organizer |
| supermarket |
| swimming facility |
| swimming instructor |
| swimming pool |
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| tanning salon |
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| thrift store |
| trade school |
| training centre |
| truck stop |
| university |
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| weight loss service |
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