

Dartmouth Ymca - Dartmouth

dartmouth

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https://www.electrofitness.com/wellness-center/dartmouth/dartmouth-ymca-dartmouth_186193.php



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Discover the Dartmouth YMCA Wellness Center

The **Dartmouth YMCA Wellness Center**, located in Dartmouth, Massachusetts, offers a unique fitness experience in a beautifully serene environment. With its stunning scenery and calming atmosphere, this center stands out as an ideal place for individuals seeking wellness and relaxation.

Accessibility Features

For visitors with mobility challenges, the Dartmouth YMCA ensures a welcoming experience. The facility includes a **wheelchair-accessible car park**

and features a **wheelchair-accessible entrance**. This attention to **accessibility** makes it easier for everyone to enjoy the amenities offered.

Programs and Community

Feedback from the community highlights the **friendly and professional staff** at the Dartmouth YMCA. Many patrons appreciate the **yoga classes** designed with older adults in mind, catering to a variety of abilities. The center provides a supportive environment that encourages participation from all age groups, particularly those over 50. While some users have expressed that the gym may be too small for hardcore fitness enthusiasts, it proves to be perfect for individuals seeking a **low-traffic** gym experience. The clean facilities, including well-maintained bathrooms, further enhance the overall enjoyment of the space.

A Boutique Fitness Experience

Many visitors describe the Dartmouth YMCA as a **beautiful, smaller size, boutique style fitness center**. With new exercise machines and a nice community of people, it's an excellent alternative for those who prefer a more intimate setting compared to larger gyms. This environment allows for personal connections and a supportive fitness journey.

Final Thoughts

The Dartmouth YMCA Wellness Center is a lovely place for individuals looking to prioritize their health in a peaceful setting. Although it may not cater to those seeking a high-intensity workout, its range of programs and friendly atmosphere make it a great choice for many. For those considering options, it's worth visiting to see if it fits your wellness needs, though some may find the New Bedford YMCA more suited to their preferences. Regardless, the Dartmouth YMCA remains a cherished part of the local community.

Our location is in

276 Gulf Rd, 02748 Dartmouth, Massachusetts - United States (US)

The contact line of said **Wellness center** is +1508-993-3361

And if you want to send a WhatsApp, you can do so at +1508-993-3361

Our public attention hours are:

Day Hours
Monday
7?AM–7?PM

Tuesday
8?AM–1?PM
Wednesday
Closed
Thursday
7?AM–7?PM
Friday
7?AM–7?PM
Saturday
7?AM–7?PM
Sunday
7?AM–7?PM

The website is [DARTMOUTH YMCA](#)

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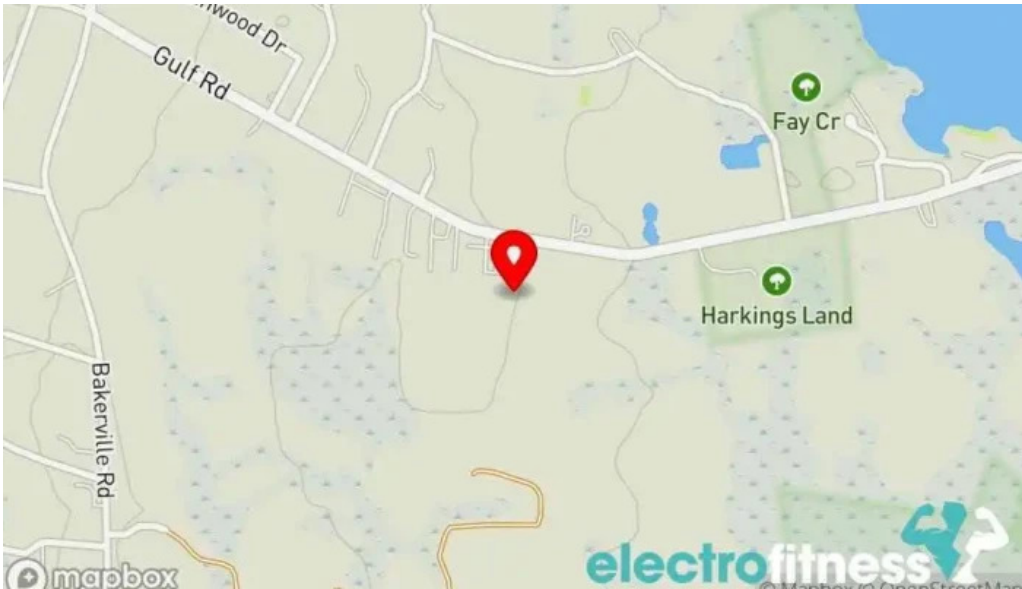
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Tags

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

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golf club
golf course
grocery store
gym
gymnastics center

hair salon
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health spa
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karate school
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school district office
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sporting goods store
sports club
sports complex
sports medicine clinic

sports school
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
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