

San Jose Boxing & Fitness - San Jose

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San Jose Boxing & Fitness - San Jose

Welcome to San Jose Boxing & Fitness

If you're searching for a place to train, learn boxing, or simply improve your fitness levels, **San Jose Boxing & Fitness** might be the perfect fit for you. This boxing gym, nestled in the scenic foothills of Alum Rock, offers an inclusive environment for all ages and skill levels.

Membership Required

Membership is required to join the classes at SJBF, ensuring that each member has access to a community dedicated to personal growth and fitness. With a variety of classes tailored for everyone from beginners to advanced fighters, you will hardly find a dull moment here.

Accessibility for Everyone

This boxing gym prioritizes **accessibility**, making it a welcoming spot for all. The facility features a **wheelchair-accessible car park** and an easily navigable **wheelchair-accessible entrance**. This approach ensures that everyone can enjoy the benefits of boxing training, regardless of physical ability.

Planning Your Visit

Appointment required sessions help manage class sizes and ensure personalized attention from coaches. It's recommended to check the class schedule and book your spots in advance to fully utilize the gym's offerings.

Programs Suitable for Children

At San Jose Boxing & Fitness, we recognize the importance of introducing kids to physical activity. The gym provides programs that are **good for kids**, encouraging young ones to develop strength, coordination, and confidence. This focus on youth fitness cultivates a healthier future generation.

What Members Are Saying

Reviews from members reflect a deep appreciation for the atmosphere and coaching style:

Many have lauded the coaches for their expertise and ability to tailor training to individual needs, ensuring that every member feels supported. The gym has been described as a place where members can grow not only as athletes but as individuals, with staff committed to fostering a respectful and encouraging environment. Parents have noted the positive impacts of boxing on their children, citing improved confidence and physical fitness.

A Supportive Community

As mentioned by current members, the atmosphere at SJBF is highly supportive, filled with camaraderie among attendees. The coaches are not just trainers; they are mentors determined to help everyone achieve their personal goals. Whether you're sparring with friends or working through the bags, it's evident that this facility is about more than just boxing—it's about building a community.

Join Us Today!

If you're ready to enhance your fitness journey, improve your boxing skills, or simply find a fun way to stay active, visit **San Jose Boxing & Fitness**. Experience first-hand why so many have made this gym their second home. Take the first step towards a healthier, more confident you!

Our business is located at

3469 McKee Rd, 95127 San Jose, California - United States (US)

The contact phone of said **Boxing gym** is +1408-729-5269

And if you want to send a WhatsApp, you can do so at +1408-729-5269

Our business hours are:

Day	Hours
Monday	11?AM–9:30?PM
Tuesday	11?AM–8:30?PM
Wednesday	8?AM–2?PM
Thursday	Closed
Friday	11?AM–9:30?PM
Saturday	11?AM–9:30?PM
Sunday	11?AM–9:30?PM

The website is San Jose Boxing & Fitness

If you require to update any element that you consider is not correct concerning this portal, we ask deliver a message so we can we will adjust it promptly. Thank you in advance thank you very much.

Images



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Tags

Accessibility, Planning, Membership required, Wheelchair-accessible car park, Appointment required, Wheelchair-accessible entrance, Good for kids, Children

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