

## Allen Park Fitness Center - Allen Park

allen park

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## *Allen Park Fitness Center - Allen Park*

### Explore Allen Park Fitness Center: A Hub for Wellness

Located in the heart of Allen Park, Michigan, the **\*\*Allen Park Fitness Center\*\*** offers an expansive environment for fitness enthusiasts of all levels. This community-focused facility is designed to cater to a variety of activities and functions, making it a versatile destination for exercise and recreation.

### Accessibility Features

The **\*\*Allen Park Fitness Center\*\*** is committed to inclusivity, featuring a

**\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\*** to ensure everyone can enjoy their fitness journey. Accessibility is a key focus, enabling individuals with mobility challenges to participate fully in various fitness programs.

### **Amenities That Enhance Your Experience**

At the center, users can take advantage of essential **\*\*amenities\*\*** such as free Wi-Fi to stay connected while working out. While some guests have noted that the gym could benefit from additional workout equipment and heavier free weights, the facility remains affordable and well-maintained. With an indoor track available for walking or jogging, members can engage in cardiovascular activities regardless of weather conditions.

### **Friendly Atmosphere and Supportive Staff**

Visitors often praise the cleanliness of the facility and the friendly demeanor of the staff. The staff members are described as super helpful and chatty, contributing to a welcoming atmosphere. Personal trainers like Erin have received high recommendations for their expertise and ability to motivate clients, enhancing the overall experience at the center.

### **Room for Growth and Community Engagement**

Although some patrons have suggested the addition of more equipment, the current setup allows for a challenging and engaging workout routine. Many appreciate the opportunity for supersets and giant sets due to the gym's typically low crowd levels. The **\*\*basketball court\*\*** and other recreational options add to the fun, providing a space for members to engage in both individual and group activities.

### **A Clean and Inviting Environment**

With a reputation for being incredibly well-maintained, members find joy in exercising in a clean and friendly environment. The facility never feels overcrowded, allowing individuals to focus on their workouts without distractions. It's a perfect place for anyone looking to maintain or improve their fitness levels in a supportive community setting. In summary, the **\*\*Allen Park Fitness Center\*\*** stands out as a premier destination in Allen Park, offering a range of amenities, accessibility features, and a friendly environment for fitness enthusiasts. Whether you're looking to lift weights, take part in group classes, or jog on the track, this fitness center provides a welcoming space for all.

### **You can reach us at**

15800 White Ave, 48101 Allen Park, Michigan - United States (US)

The phone number of said **Fitness center** is +1313-928-0771

And if you want to send a WhatsApp, you can do so at [+1313-928-0771](https://wa.me/13139280771)

## Our opening hours are:

Day Hours  
Monday  
6?AM–9:30?PM  
Tuesday  
6?AM–9:30?PM  
Wednesday  
6?AM–9:30?PM  
Thursday  
6?AM–9?PM  
Friday  
8?AM–6?PM  
Saturday  
6?AM–9:30?PM  
Sunday  
6?AM–9:30?PM

The website is [Allen Park Fitness Center](#)

If you wish to change any data that you think is not precise regarding this page, we kindly request send a message and we will correct it as soon as possible. With anticipation thank you very much.

## Images



*Allen park fitness center map*



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## Tags

*Wheelchair-accessible car park, Basketball court, Wi-Fi, Wheelchair-accessible entrance, Accessibility, Amenities*

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<b>4.3 *</b>	<i>Onelife Fitness - Crystal Park - Arlington</i>
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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
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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
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
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swimming facility
swimming instructor
swimming pool
swimming school
tanning salon
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training centre
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wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization