

## The Spot Gym & Cross - Training - Altus

altus

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## The Spot Gym & Cross - Training - Altus

### Discover The Spot Gym & Cross-Training in Altus, Oklahoma

If you're looking for a top-notch fitness center in Altus, Oklahoma, look no further than **The Spot Gym & Cross-Training**. This gym not only provides an exceptional workout experience but also focuses on **accessibility** for all members of the community.

### Accessibility Features

The Spot Gym is dedicated to ensuring that everyone can join in on the fitness journey. With a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, this facility welcomes individuals of all abilities. It's essential for gyms today to prioritize inclusivity, and The Spot sets an excellent example.

## **A Welcoming Community**

Reviewers consistently highlight the warm and friendly atmosphere of The Spot. Comments such as "the coaches were super chill and very friendly" reflect the gym's commitment to creating a supportive environment. Whether you're new to CrossFit or a veteran athlete, you'll find a community that motivates and encourages you to push your limits.

## **Outstanding Coaching**

Members rave about the coaches, noting how they tailor workouts to fit individual needs. As one reviewer mentioned, "this class is a great way to better yourself and push yourself!" The staff, described as "caring, helpful, and supportive," ensures that every member feels valued and equipped to reach their goals.

## **Top-Notch Facilities**

The gym boasts exceptional equipment, including multiple squat racks, echo bikes, rowers, and various weights. It's clean and well-maintained, which enhances the overall experience. As one happy participant noted, "Gio and Kim were so kind and professional," showcasing the level of service you can expect at The Spot.

## **Inclusive for All Ages**

The Spot Gym & Cross-Training isn't just for adults; it's also a fantastic place for families. Many members have commented on how great the gym is with kids, making it a perfect spot for family fitness outings. Parents can work out while their children are engaged and cared for in a safe environment.

## **Final Thoughts**

If you're searching for an engaging and supportive fitness center, The Spot Gym & Cross-Training should be at the top of your list. With its focus on accessibility, friendly coaching, and a strong community vibe, it has earned its reputation as the best gym in Altus. Join today and experience the fantastic atmosphere for yourself!

## We are at

1013 N Grady St, 73521 Altus, Oklahoma - United States (US)

The contact line of the respective **Fitness center** is +1580-471-2038

And if you want to send a WhatsApp, you can do so at +1580-471-2038

## Our opening hours are:

Day Hours  
Monday

5:30–10:30?AM 2–6:30?PM

Tuesday

5:30–10:30?AM 2–6:30?PM

Wednesday

9–10?AM

Thursday

Closed

Friday

5:30–10:30?AM 2–6:30?PM

Saturday

5:30–10:30?AM 2–6:30?PM

Sunday

5:30–10:30?AM 2–6:30?PM

The website is The Spot Gym & Cross - Training

If you wish to change any element that you feel is not correct concerning this page, we ask send us a message so that we will correct it promptly. In advance we appreciate it.

## Images



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*The spot gym cross training map*



*The spot gym cross training gym*



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## Tags

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

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kinesiotherapist
martial arts club
martial arts school
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massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
parking lot
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personal trainer
pharmacy
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