

Grove Fitness Club & Spa - Boise

boise

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Grove Fitness Club & Spa - Boise

Welcome to Grove Fitness Club & Spa in Boise, Idaho

If you're looking for a top-notch fitness experience in Boise, the **Grove Fitness Club & Spa** is a fantastic choice. This fitness center offers everything from state-of-the-art equipment to relaxing spa services, making it a perfect destination for both fitness enthusiasts and those seeking relaxation.

Amenities That Elevate Your Experience

The **Grove Fitness Club** boasts an array of amenities designed to cater to all your fitness and wellness needs:

****Swimming Pool****: Enjoy a refreshing swim in the beautiful pool, perfect for unwinding after a workout. ****Sauna****: Relax your muscles and rejuvenate your spirit in the sauna. ****Wi-Fi Access****: Stay connected while you work out with complimentary Wi-Fi. ****Wheelchair-accessible Car Park and Entrance****: Accessibility is a priority, with both parking and entrance options being wheelchair-friendly.

Inclusive and Supportive Environment

Grove Fitness Club & Spa takes pride in being ****LGBTQ+ friendly**** and a dedicated ****transgender safe space****. Everyone is welcome here, and the club actively promotes inclusivity. Additionally, the fitness center offers ****active military discounts****, demonstrating their appreciation for those who serve.

Membership Required

Please note that a **membership is required** to access the facilities. However, the value you receive from your membership significantly outweighs the costs, especially given the extensive range of services offered.

Personal Training and On-Site Services

The Grove features dedicated personal trainers who can tailor workouts to meet your individual fitness goals. One member shared their transformative experience working with a personal trainer named AJ, stating he was instrumental in helping them gain confidence and strength.

For those seeking relaxation, on-site spa services provide a range of treatments. Many guests have praised their massages, highlighting therapists like Gabriel and Kasidy for their exceptional skills. A common sentiment among visitors is the soothing atmosphere, which contributes to a holistic wellness experience.

Highlights to Look Forward To

Visitors often rave about the cleanliness and maintenance of the facility. With state-of-the-art gym equipment and attentive staff, every aspect of the Grove Fitness Club aims to create a satisfying experience. The views from the gym add a unique element, as members can enjoy scenic vistas while they work out.

Crowd and Accessibility

While the fitness center can become crowded during peak hours, early morning

visits offer a quieter atmosphere for those who prefer solitude during their workouts. Additionally, the facilities are designed for **accessibility**, ensuring all members can enjoy their time at the club comfortably.

Conclusion

Whether you're a local resident or a traveler passing through Boise, the Grove Fitness Club & Spa is a gem worth experiencing. With its welcoming environment, comprehensive amenities, and dedicated staff, it's no wonder visitors keep returning to this wonderful fitness center. Come see for yourself why so many people recommend the Grove for both exercise and relaxation!

Our location is in

245 S Capitol Blvd, 83702 Boise, Idaho - United States (US)

The contact phone of this **Fitness center** is +1208-514-4434

And if you want to send a WhatsApp, you can do so at +1208-514-4434

We are open during the following hours:

Day	Hours
Monday	5?AM–10?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	5?AM–10?PM
Saturday	8?AM–10?PM
Sunday	8?AM–10?PM

The website is Grove Fitness Club & Spa

If you require to change any element that you think is not precise about this web, we urge you to send a message so we can we will adjust it at the earliest convenience. With anticipation thanks.

Images



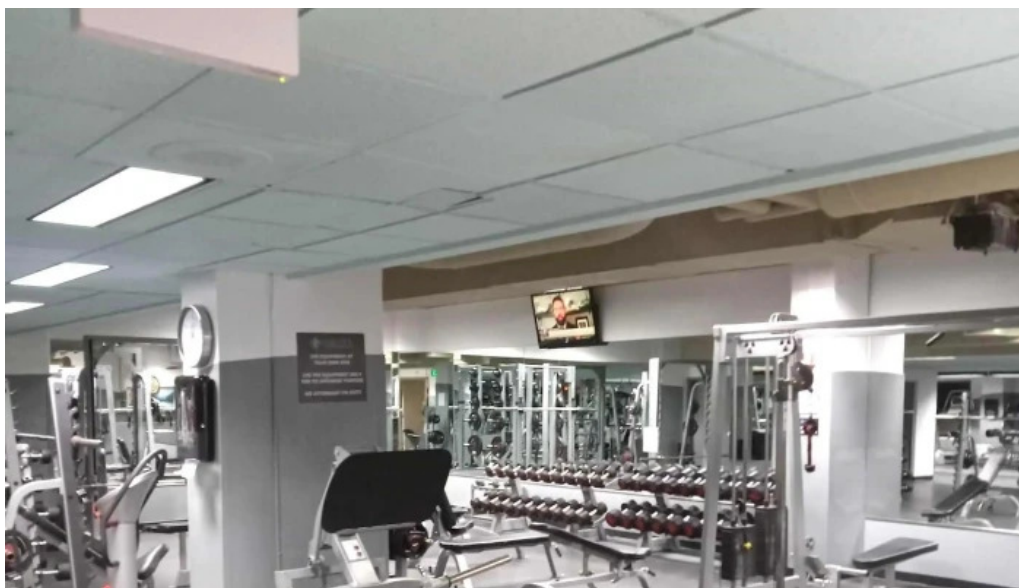
Grove fitness club spa website



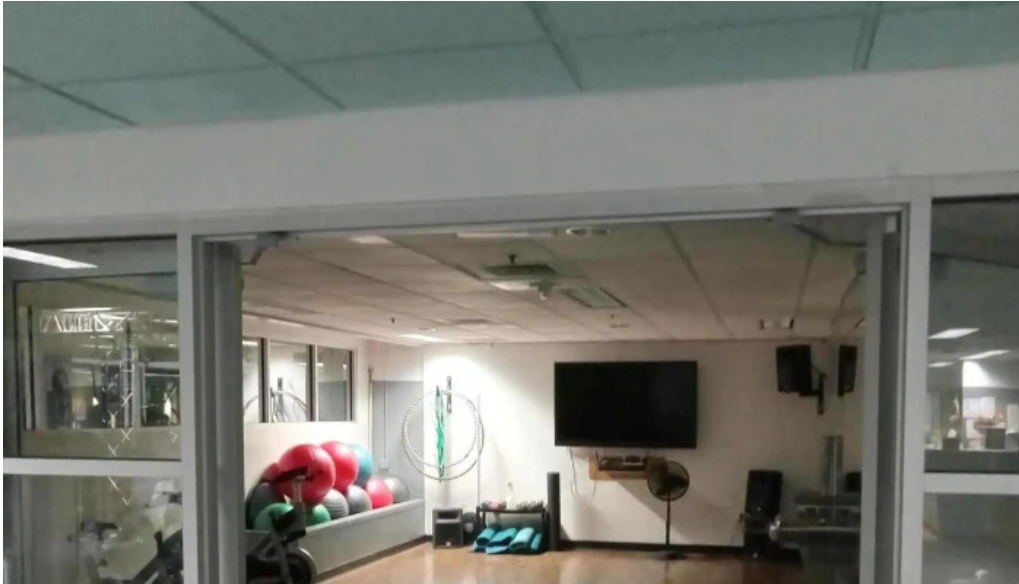
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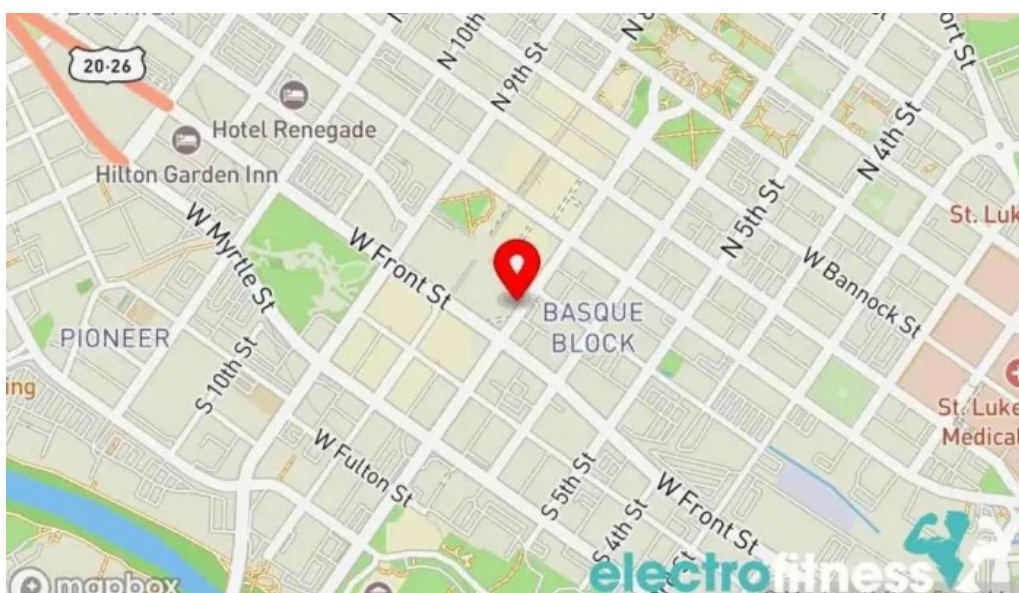
Grove fitness club spa promotion



Grove fitness club spa number



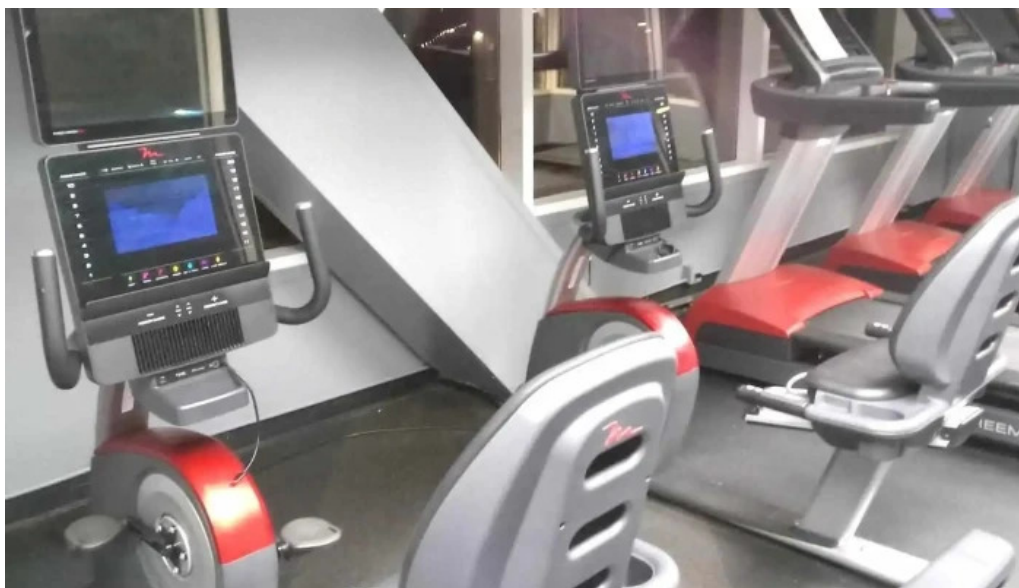
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Grove fitness club spa map



Grove fitness club spa how to get there



Grove fitness club spa gym



Grove fitness club spa fitness center



Grove fitness club spa boise



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Tags

Service options, Wi-Fi, Membership required, On-site services, Active military discounts, Swimming pool, Crowd, Accessibility, Amenities, Highlights, Transgender safe space, Wheelchair-accessible car park, Sauna, Wheelchair-accessible entrance, LGBTQ+ friendly, Planning

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