

K V Health Club - Farmingdale

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K V Health Club - Farmingdale

Discover K V Health Club: Your Ultimate Fitness Center in Farmingdale, Maine

K V Health Club is not just a gym; it's a community where fitness goals are achieved in a welcoming environment. Located in Farmingdale, Maine, this fitness center offers an array of on-site services designed to cater to members of all fitness levels.

On-Site Services and Membership Requirements

At K V Health Club, ****membership is required**** to access the wide variety of

fitness amenities. Whether you're new to fitness or a seasoned athlete, the club provides a supportive atmosphere. Members have access to top-notch equipment, classes, and personal training options, ensuring you have everything you need to succeed.

Accessibility for All

K V Health Club prides itself on its commitment to **accessibility**. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it easier for everyone to utilize the gym's offerings. This thoughtful design ensures that no one feels excluded from their fitness journey.

Planning Your Workouts

The club encourages **planning** your workouts using their diverse selection of equipment. Reviewers highlight the organization and cleanliness of the space, allowing members to focus on their goals without distractions. Many have noted the wide variety of strength training equipment available, perfect for both beginners and experienced members.

Online Classes for Added Convenience

In addition to the in-person training options, K V Health Club offers **online classes**. This feature allows members to join workouts from the comfort of their homes, making it easier to stick to fitness routines regardless of busy schedules.

A Welcoming Atmosphere

The **atmosphere** at K V Health Club is one of its biggest draws. With friendly staff like Ron and Sharon, members feel supported throughout their fitness journeys. Reviews emphasize the club's welcoming environment, perfect for those who may feel nervous about joining a gym. Many find that it's a great place to begin or continue their fitness journey.

Personal Training and Support

Personal trainers at K V Health Club, such as Ron, are known for their adaptability and ability to meet individual needs. They provide tailored advice to help members navigate machines effectively, ensuring everyone can maximize their workouts safely. For older members or those recovering from surgery, specialized training sessions and guidance are available, demonstrating the club's commitment to personalized care.

The Verdict

With convenient hours, cleanliness, and a variety of equipment, K V Health Club stands out as a premier fitness center in Farmingdale, Maine. Whether you're looking to lift weights, take a class, or simply get a good workout in a friendly atmosphere, K V Health Club is the perfect destination. Don't hesitate to

stop by and see what this amazing fitness center has to offer!

Our location is in

11 KV Ln, 04344 Farmingdale, Maine - United States (US)

The phone number of the respective **Fitness center** is +1207-582-7259

And if you want to send a WhatsApp, you can do so at +1207-582-7259

Visit us during the following hours:

Day Hours
Monday
3:30?AM–10?PM
Tuesday
3:30?AM–10?PM
Wednesday
5?AM–5?PM
Thursday
6?AM–5?PM
Friday
3:30?AM–10?PM
Saturday
3:30?AM–10?PM
Sunday
3:30?AM–10?PM

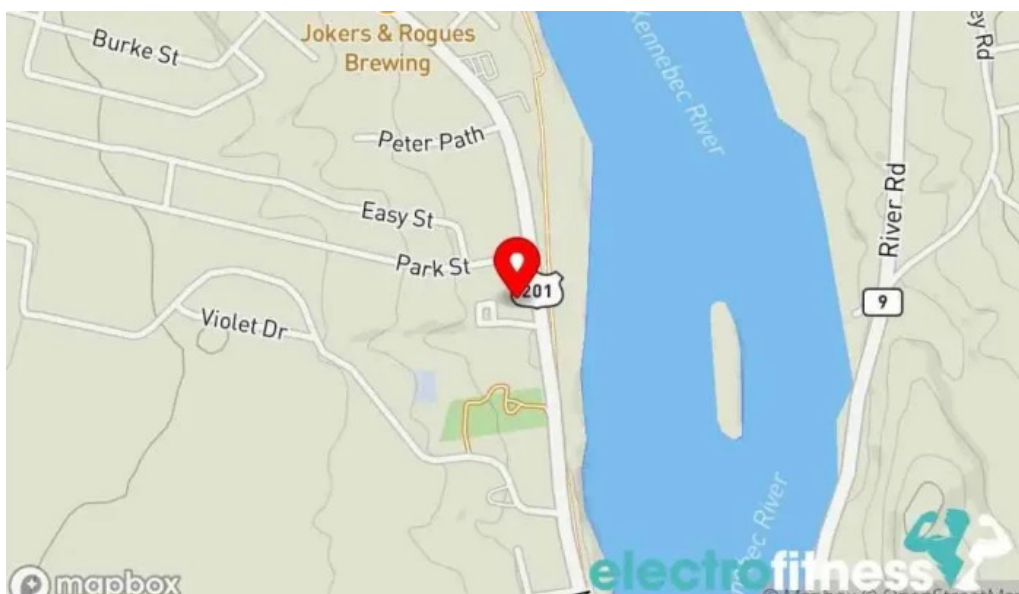
The website is K V Health Club

If you need to alter any element that you feel is not accurate about this site, we ask forward a message so we can we will fix it promptly. With anticipation we appreciate it.

Images



K v health club street view 360deg



K v health club map



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Tags

Accessibility, On-site services, Wheelchair-accessible car park, Wheelchair-accessible entrance, Membership required, Planning, Online classes, Service options

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gym
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health consultant
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indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
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

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outdoor swimming pool
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