

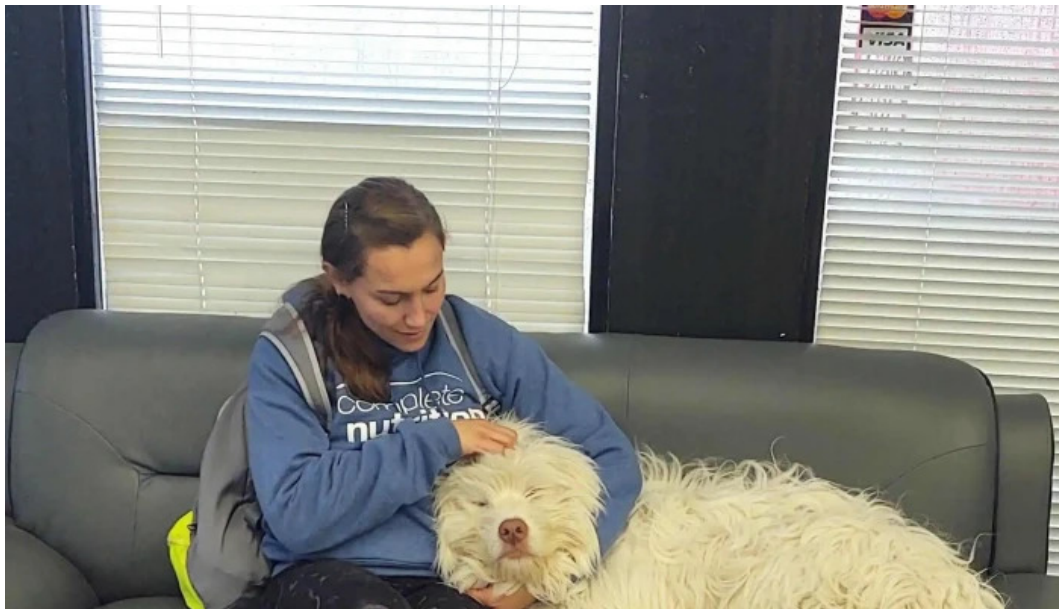
## Health Plex Fitness Center - Grand Island

grand island

☐ I'm not a robot 

Published on: 12/04/25	Hits: 1208
Comments: 0	See comments
Votes: 151	Score: 4.8

[https://www.electrofitness.com/fitness-center/grand-island/health-plex-fitness-center-grand-island\\_202368.php](https://www.electrofitness.com/fitness-center/grand-island/health-plex-fitness-center-grand-island_202368.php)



*grand island*

### *Health Plex Fitness Center - Grand Island*

#### **Discover Health Plex Fitness Center in Grand Island, Nebraska**

Health Plex Fitness Center has established itself as a cornerstone of the fitness community in Grand Island, Nebraska for over 40 years. This welcoming gym is known not only for its versatility and modern equipment but also for its friendly atmosphere that makes every member feel part of a family.

#### **Accessibility and Amenities**

One of the standout features of Health Plex is its \*\*wheelchair-accessible car

park\*\* and \*\*wheelchair-accessible entrance\*\*, ensuring that fitness is accessible to everyone. The spacious layout allows ample room for all members to enjoy their workouts comfortably. As you step into the facility, you'll find an array of \*\*amenities\*\* designed to enhance your fitness experience. From an impressive selection of cardio machines and free weights to specialized areas for functional training, this gym has it all. Notably, the newly remodeled \*\*sauna\*\* offers a perfect place to relax after a vigorous workout. Many members have expressed enthusiasm for these updates, highlighting how they elevate the overall gym experience.

## **The Community Feel**

One of the most praised aspects of Health Plex is its \*\*community atmosphere\*\*. Members frequently mention how friendly the staff, including owner Scott and his team, are always ready to greet you with a smile. Newcomers can expect to be welcomed into a supportive environment where they can achieve their fitness goals without feeling intimidated. Comments like "I love my gym family" and "best gym ever" reflect the tight-knit community cultivated within the center.

## **Membership and Equipment**

Membership is required to access the facilities, but for just \$25 a month, members enjoy unrestricted 24/7 access to all equipment and amenities. The gym's dedication to providing everything you need for a full workout has earned it praise. Despite some feedback suggesting the addition of more adjustable benches, most reviews celebrate the expansive selection of free weights and weight machines available.

## **Continuous Improvement**

Health Plex is committed to continual improvement, with many members noting regular updates to the equipment and facilities. The ongoing renovations show Scott's commitment to maintaining a high-quality gym experience. Feedback from members emphasizes how the gym consistently works towards enhancing its offerings, making it a favorite in the area.

## **Final Thoughts**

In summary, Health Plex Fitness Center stands out as more than just a fitness facility; it's a community hub where each member can thrive. With accessible features, friendly staff, and a plethora of amenities, it truly offers a unique gym experience. If you're in Grand Island, don't miss the chance to explore Health Plex—your fitness journey awaits!

## **Our business is located at**

2909 US-30, 68803 Grand Island, Nebraska - United States (US)

The contact phone of the mentioned **Fitness center** is +1308-384-1110  
And if you want to send a WhatsApp, you can do so at +1308-384-1110

### **You can visit us at the following hours:**

Day Hours  
Monday  
8?AM–6?PM  
Tuesday  
Closed  
Wednesday  
Closed  
Thursday  
8?AM–8?PM  
Friday  
8?AM–8?PM  
Saturday  
8?AM–8?PM  
Sunday  
8?AM–8?PM

The website is Health Plex Fitness Center

If you wish to update any detail that you think is not accurate concerning this web, we ask send us a message so we can we will correct it promptly. In advance thank you very much.

### **Images**



*Health plex fitness center videos*



*Health plex fitness center street view 360deg*

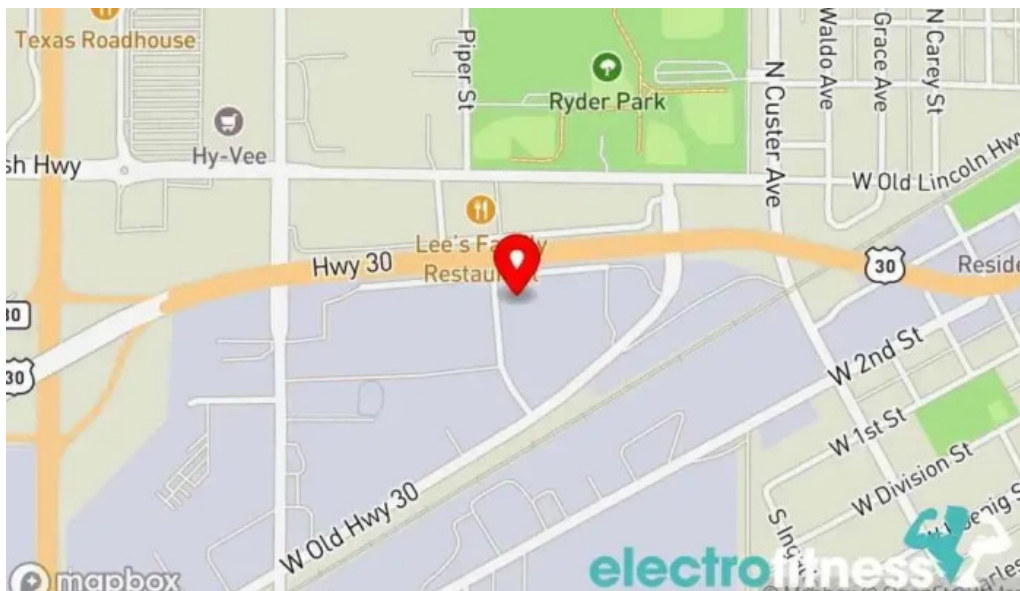


*Health plex fitness center photos*





*Health plex fitness center number*



*Health plex fitness center map*



*Health plex fitness center location*



*Health plex fitness center gym*



*Health plex fitness center grand island*

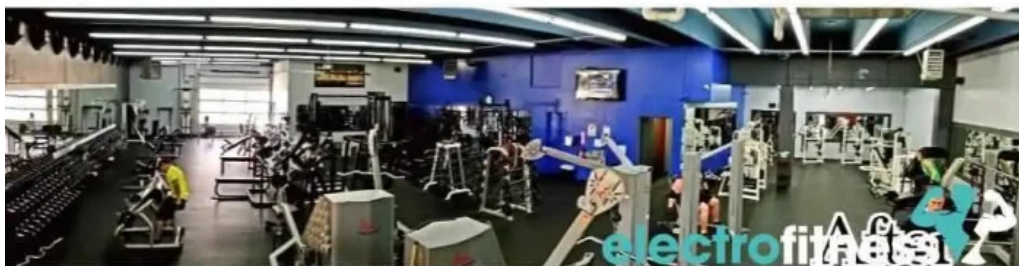


*Health plex fitness center fitness center*





*Health plex fitness center by owner*



*Health plex fitness center all*

## Tags

*Wheelchair-accessible entrance, Amenities, Wheelchair-accessible car park, Planning, Membership required, Accessibility, Sauna*

## Related content

**3.8 \*** *Island Activity Center - Chincoteague*

**5.0 \*** *The Studio on Pope's Island - New Bedford*

**4.1 \*** *Island Gym - Chincoteague*

**5.0 \*** *Strong Health & Fitness Center - Waldorf*



<b>4.9 *</b>	<i>Health &amp; Fitness Center of Jdp - Jennings</i>
<b>4.7 *</b>	<i>Dynamic Health Club Inc - New Iberia</i>
<b>4.7 *</b>	<i>Hendrick Health Club - Abilene</i>
<b>5.0 *</b>	<i>Profiling Beauty Health and Wellness Center - Aberdeen</i>
<b>3.8 *</b>	<i>Westford Regency Health Club - Westford</i>
<b>5.0 *</b>	<i>Adam Parks - Health Consulting &amp; Personal Training - Abingdon</i>

## Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store

gym
gymnastics center
hair salon
health consultant
health food restaurant
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 therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club

sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio
youth organization