

Vent Fitness - Guilderland

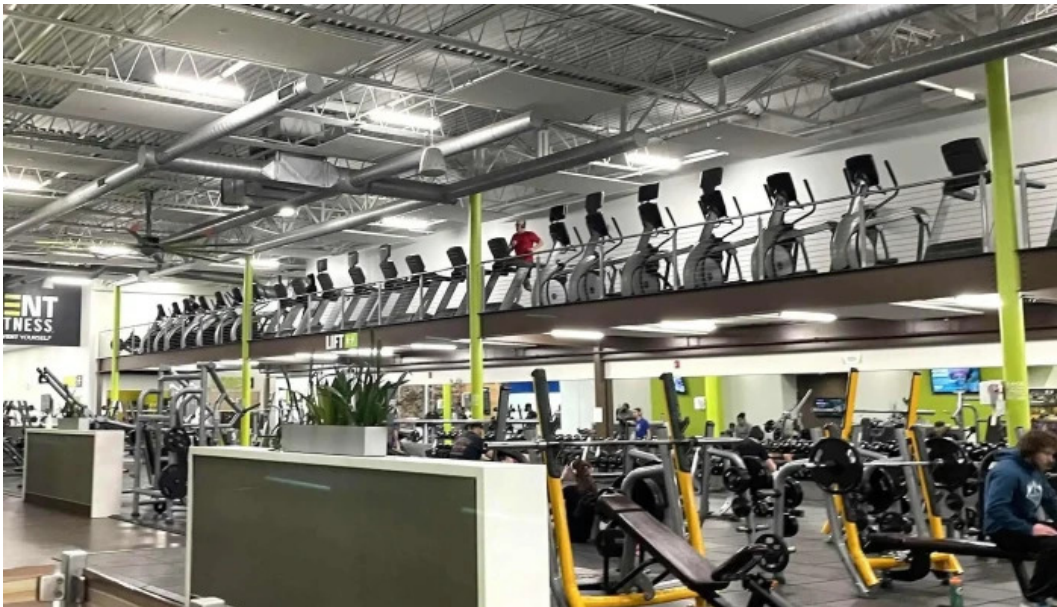
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https://www.electrofitness.com/fitness-center/guilderland/vent-fitness-guilderland_322170.php



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Vent Fitness - Guilderland

Exploring Vent Fitness in Guilderland, NY

Vent Fitness, located in Guilderland, New York, offers a comprehensive fitness experience that caters to various needs and lifestyles. This veteran-owned fitness center prides itself on its inclusivity and accessibility, making it a popular choice among locals.

Offerings and Amenities

Vent Fitness boasts a wide array of ****amenities**** designed to enhance your fitness journey. Members can enjoy a spacious ****swimming pool****, perfect for

lap swimming or leisurely swims with the family. The facility also includes a **“basketball court”**, a **“sauna”**, and fitness classes led by experienced trainers. Children are welcome, making it **“good for kids”**, with activities that engage youth while promoting healthy habits. The facility prioritizes **“accessibility”**, offering a **“wheelchair-accessible car park”** and a **“wheelchair-accessible entrance”**, ensuring everyone can access their fitness programs without hindrance.

Highlights of Vent Fitness

The highlights of Vent Fitness extend beyond equipment and facilities. The gym identifies as **“veteran-owned”**, which resonates with many members who appreciate community support. Additionally, they offer **“active military discounts”**, showcasing their commitment to service members and veterans. Vent Fitness has received praise for its friendly and knowledgeable staff. One member shares, "The entire team at the Guilderland Vent is spot on perfect." This sentiment reflects the welcoming atmosphere where every member feels valued.

Class Offerings and Personal Training

The range of fitness classes available is impressive, catering to different fitness levels and preferences. Classes such as Zumba and strength training attract many participants, while personal training sessions ensure individualized attention from skilled trainers. Members rave about instructors like Jerry Cunningham and Mike Malone, highlighting their dedication and ability to inspire. A member noted the successful **“ultimate fitness challenge”** led by Mitch, stating, "I was one of the most senior people in the class... just totally lifted up and boosted." This illustrates how Vent Fitness fosters an encouraging environment for all ages.

Child Care and Family-Friendly Environment

While some members express the need for dedicated **“child care”**, Vent Fitness remains a family-friendly facility. The kids' activities and the inviting atmosphere encourage parents to bring their children along during workouts.

Membership and Planning

While a **“membership is required”** to access most benefits, many find the pricing reasonable for the extensive amenities offered. However, potential members should be aware of some challenges regarding cancellation policies, which can sometimes be a hassle according to various reviews. Despite mixed feedback about certain aspects, such as cleanliness in the **“steam room”** or **“sauna”**, many members report high satisfaction levels overall.

Conclusion

Vent Fitness Guilderland stands out as a **“clean”**, well-organized gym that

provides valuable resources for anyone looking to improve their fitness. With a focus on community, effective training, and a strong sense of belonging, it's no wonder members feel at home in this vibrant fitness center. Whether you are a seasoned athlete or just starting your fitness journey, Vent Fitness has something to offer everyone.

We are established at

2080 Western Ave, 12084 Guilderland, New York - United States (US)

The contact line of this **Fitness center** is +1518-464-1500

And if you want to send a WhatsApp, you can do so at +1518-464-1500

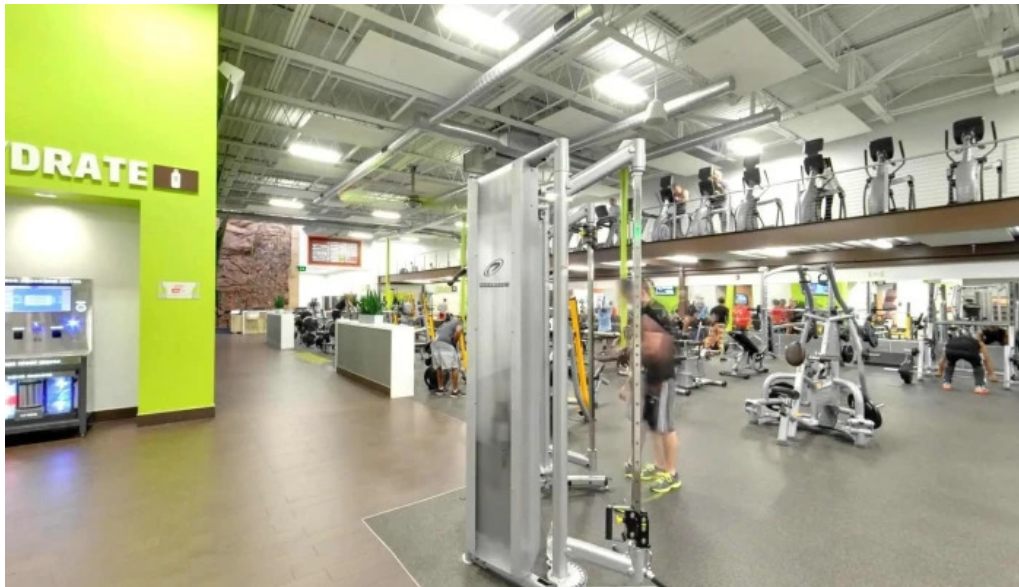
Our service hours are:

Day	Hours
Monday	5?AM–10?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–9?PM
Thursday	7?AM–7?PM
Friday	7?AM–7?PM
Saturday	5?AM–10?PM
Sunday	5?AM–10?PM

The website is Vent Fitness

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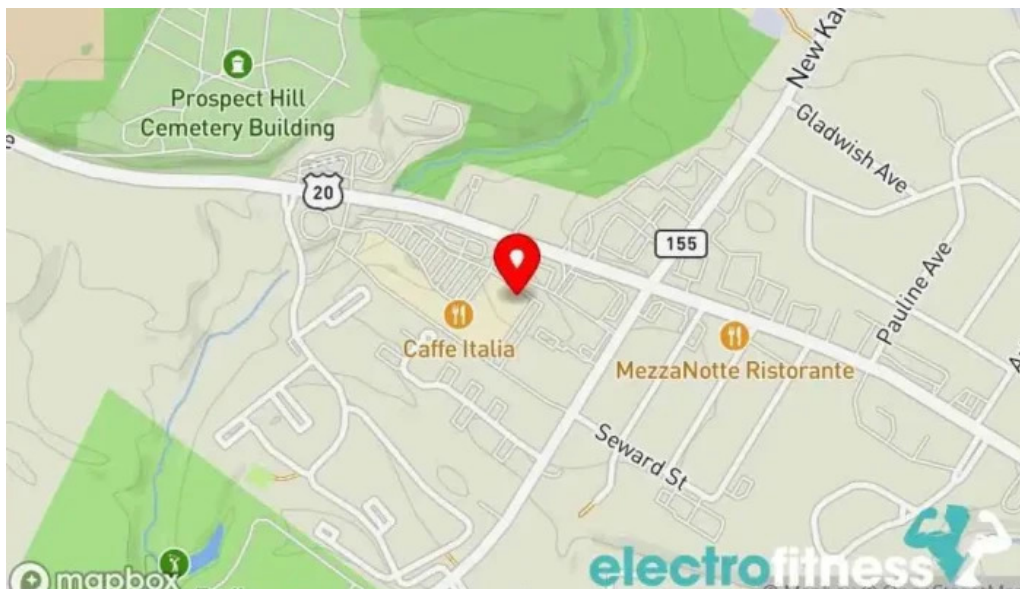
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Vent fitness map



Vent fitness gym



Vent fitness guilderland



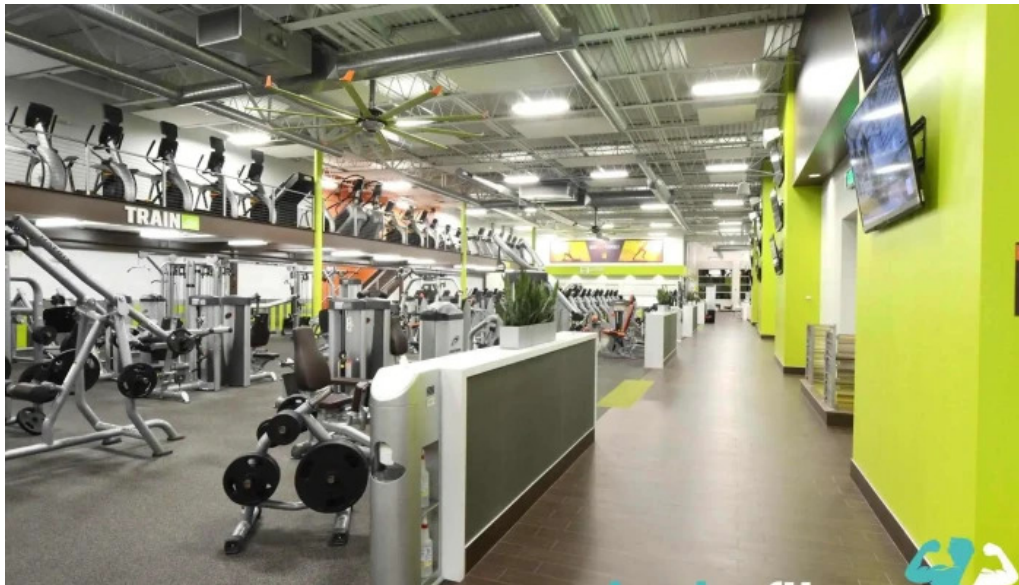
Vent fitness fitness center



Vent fitness exercise machine



Vent fitness by owner



Vent fitness all

Tags

Highlights, Child care, Active military discounts, Sauna, Children, Membership required, Good for kids, Basketball court, Accessibility, From the business, Wheelchair-accessible entrance, Amenities, Swimming pool, Wheelchair-accessible car park, Planning, Identifies as veteran-owned, Offerings

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