

The Health Club and Spa - Lewiston

lewiston



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The Health Club and Spa - Lewiston

The Health Club and Spa: A Fitness Center in Lewiston, Maine

If you're searching for a fitness center that offers a comprehensive range of amenities in Lewiston, Maine, look no further than The Health Club and Spa. This facility prides itself on creating a welcoming atmosphere that caters to both casual gym-goers and fitness enthusiasts.

Amenities and Offerings

At The Health Club and Spa, ****membership required**** access gives you entry to a wide variety of offerings designed to elevate your workout experience.

Enjoy a refreshing dip in the **swimming pool**, unwind in the **sauna**, or take advantage of the diverse group classes available. Members appreciate the extensive **amenities**, such as: - A well-equipped gym with weight machines and free weights - A heated, saltwater pool - A hot tub for post-workout relaxation - Locker rooms with shower facilities While some comments mention that certain aspects, like the locker rooms, could use updates, many members enjoy the clean and welcoming environment.

Accessibility Features

The Health Club and Spa has made strides toward being inclusive for all members. It features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park** to ensure everyone can enjoy the facilities without hassle. Such accessibility is vital for creating an inclusive fitness community.

Atmosphere and Community

Feedback from patrons indicates that the **atmosphere** at The Health Club is friendly and supportive. While some experiences have highlighted occasional challenges with members, the overall sense of community is a strong draw. Many users have remarked on the helpfulness of the staff, enhancing the overall experience.

Restaurant and Wi-Fi Availability

A unique aspect of The Health Club and Spa is the on-site **restaurant** where you can refuel after your workout. Additionally, the facility offers **Wi-Fi** for those who need to stay connected while exercising or relaxing.

Final Thoughts

The Health Club and Spa in Lewiston, Maine, provides an array of offerings to cater to different fitness needs. Its focus on **accessibility**, **community**, and **amenities** makes it a great choice for anyone looking to enhance their health journey. While the feedback suggests areas for improvement, particularly regarding maintenance and modernization, the positive experiences shared by many members showcase its potential as a valued fitness center in the community. Consider checking it out for yourself!

The location of our premises is

1977 S Lisbon Rd, 04240 Lewiston, Maine - United States (US)

The phone number of the respective **Fitness center** is +1207-777-1300
And if you want to send a WhatsApp, you can do so at +1207-777-1300

Our service hours are:

Day Hours

Monday

4:15?AM–8?PM

Tuesday

4:15?AM–8?PM

Wednesday

6?AM–1?PM

Thursday

Closed

Friday

4:15?AM–8?PM

Saturday

4:15?AM–8?PM

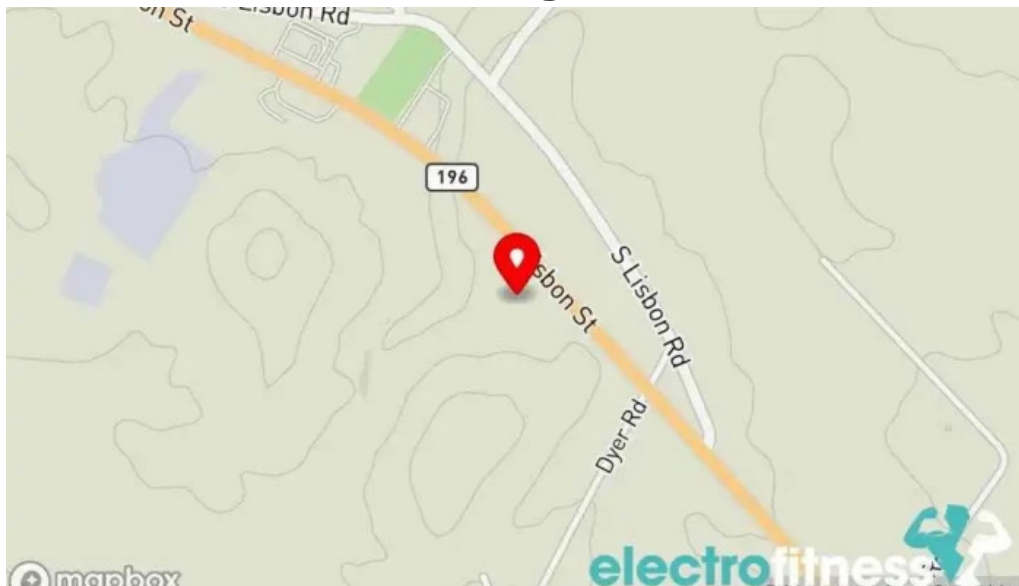
Sunday

4:15?AM–8?PM

The website is [The Health Club and Spa](#)

In case you want to alter any information that you consider is incorrect regarding this site, we ask send us a message and we will handle it promptly. Thank you in advance thanks.

Images



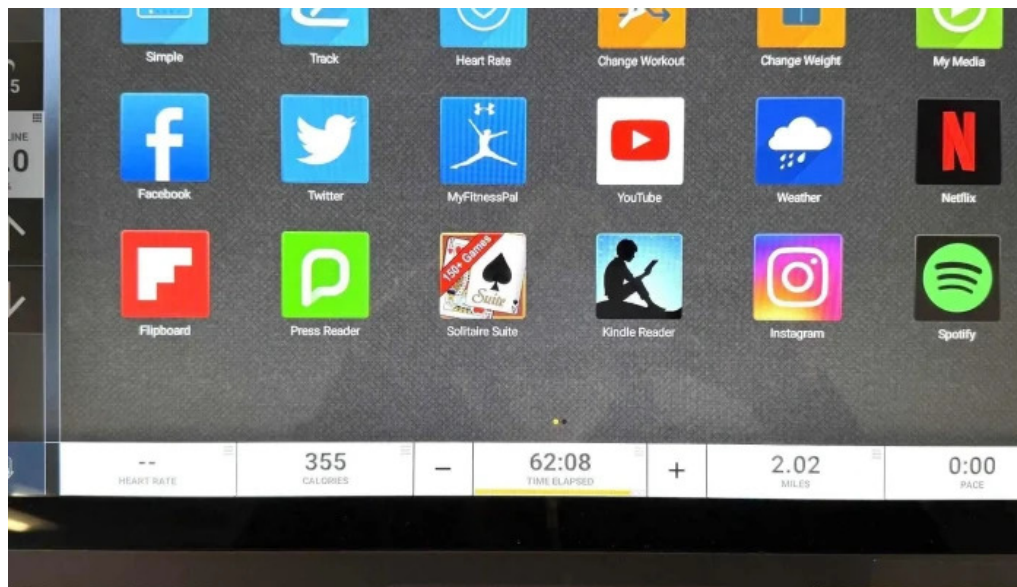
The health club and spa map



The health club and spa lewiston



The health club and spa gym



The health club and spa fitness center



The health club and spa all

Tags

Wheelchair-accessible car park, Atmosphere, Restaurant, Offerings, Swimming pool, Membership required, Wheelchair-accessible entrance, Planning, Accessibility, Shower, Wi-Fi, Amenities, Sauna

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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
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massage therapist
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medical group
medical spa
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