

Ephrata Strength and Conditioning - Lititz

lititz

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Ephrata Strength and Conditioning - Lititz

Ephrata Strength and Conditioning: A Family-Friendly Fitness Center

Ephrata Strength and Conditioning, located in Lititz, Pennsylvania, is more than just a gym; it's a thriving community dedicated to promoting health and fitness for everyone, including ****children****. This facility stands out with its ****wheelchair-accessible car park**** and ****entrance****, ensuring that everyone can easily access the services offered.

Inclusive Amenities and On-Site Services

One of the key features of Ephrata Strength and Conditioning is its

commitment to **accessibility**. The facility offers **gender-neutral toilets** and plenty of **amenities** to ensure a comfortable experience for all members. Additionally, there are various **service options**, including **outdoor services**, making it a versatile choice for fitness enthusiasts.

Community and Support

Customers rave about the supportive atmosphere at Ephrata Strength and Conditioning. Many reviews highlight the **knowledgeable coaching staff** who tailor workouts to meet individual skill levels and goals. Whether you're a beginner or an advanced athlete, the coaches challenge you while ensuring safety and effectiveness. This gym provides a unique experience where members support one another, creating a positive and encouraging environment. With **membership required**, participants can enjoy a sense of belonging in a space filled with like-minded individuals focused on improving their health.

Online Classes and Wi-Fi Access

In today's digital age, Ephrata Strength and Conditioning also recognizes the importance of flexibility in fitness. The facility offers **online classes**, allowing members to train from home while still benefiting from expert coaching. Plus, with **Wi-Fi** available on-site, you can stay connected while working on your fitness goals.

A Place for Everyone

Ephrata Strength and Conditioning is not just a gym; it is a hub for families and individuals looking to enhance their health journey. The welcoming community atmosphere is evident in the enthusiastic reviews from members who feel at home in this environment. So, if you're looking for a supportive place to work on your fitness goals—whether large or small—Ephrata Strength and Conditioning is the ideal choice. Come check it out and become part of a great community!

Our premises are located at

227 Wood Corner Rd, 17543 Lititz, Pennsylvania - United States (US)

The contact line of this **Fitness center** is +1717-672-4673

And if you want to send a WhatsApp, you can do so at +1717-672-4673

We look forward to seeing you at:

Day Hours

Monday
5?AM–8?PM
Tuesday
5?AM–8?PM
Wednesday
5?AM–8?PM
Thursday
5?AM–8?PM
Friday
5?AM–8?PM
Saturday
8?AM–12?PM
Sunday
Closed

The website is [Ephrata Strength and Conditioning](#)

In case you want to alter any data that you consider is not accurate concerning this portal, we urge you to deliver a message so that we will adjust it promptly. In advance thanks for your cooperation.

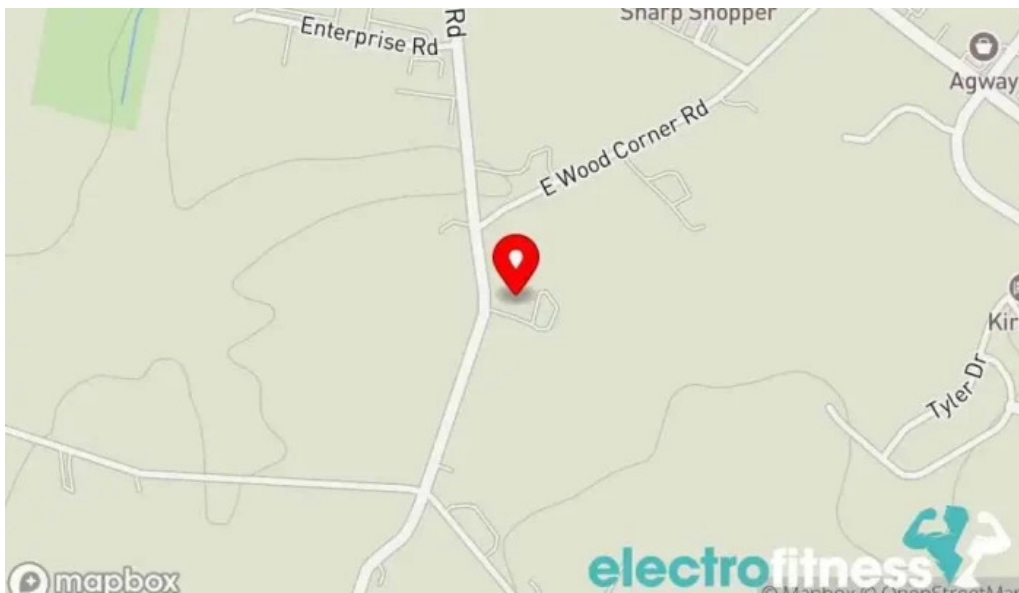
Images



Ephrata strength and conditioning videos



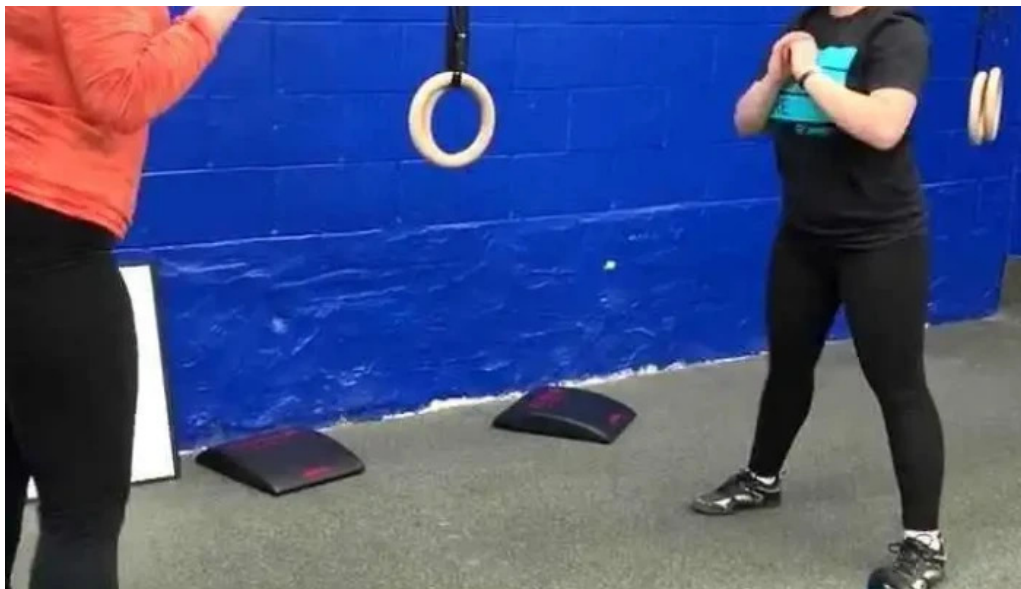
Ephrata strength and conditioning street view 360deg



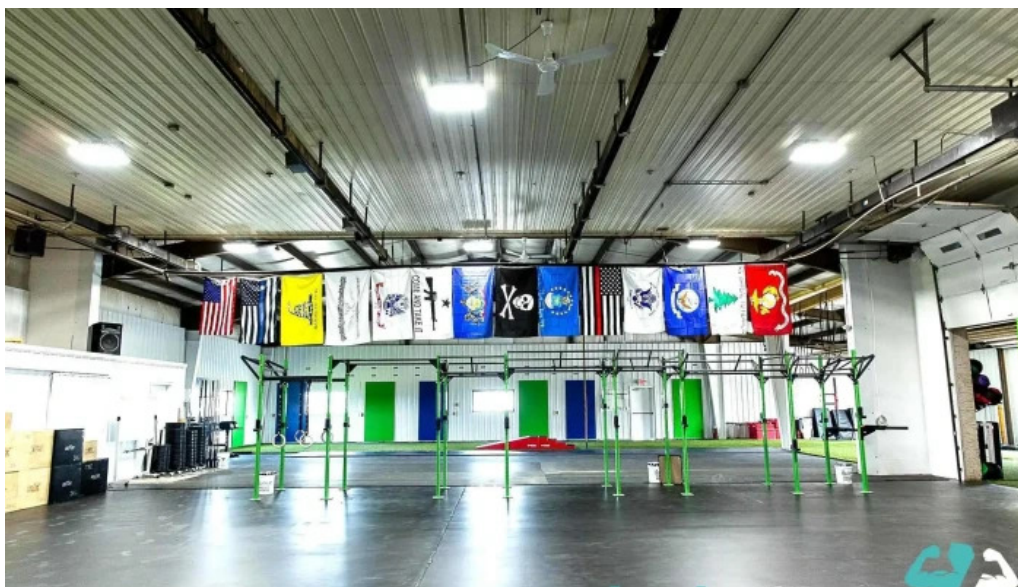
Ephrata strength and conditioning map



Ephrata strength and conditioning lititz



Ephrata strength and conditioning gym



Ephrata strength and conditioning by owner



Ephrata strength and conditioning all

Tags

Amenities, Membership required, Wheelchair-accessible entrance, Gender-neutral toilets, Children, Planning, Service options, Online classes, Outdoor services, On-site services, Toilet, Wi-Fi, Accessibility, Good for kids, Wheelchair-accessible car park

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basketball court
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boot camp
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boxing gym
boxing ring
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cultural center
dance company
dance school
day spa
disc golf course
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educational institution
elementary school
exercise equipment store
facial spa
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health food store
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kinesiologist
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physical therapist
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public swimming pool
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rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall

soccer club
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sports massage therapist
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swimming instructor
swimming pool
swimming school
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