

## Middlebury Fitness - Middlebury

middlebury

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## Middlebury Fitness - Middlebury

### Welcome to Middlebury Fitness: A Safe Space for Everyone

Middlebury Fitness, located in the heart of Middlebury, Vermont, is not just a gym; it's a community hub that promotes inclusivity and well-being for all. This fitness center stands out as a **\*\*transgender safe space\*\*** and is **\*\*LGBTQ+ friendly\*\***, making it an ideal environment for everyone to pursue their health goals without fear or discrimination.

### Amenities That Cater to All Needs

When it comes to **\*\*amenities\*\***, Middlebury Fitness has got you covered.

Members can enjoy a **wheelchair-accessible entrance** and **wheelchair-accessible toilets**. The facility also features a **wheelchair-accessible car park**, ensuring that accessibility is a top priority. Additionally, gender-neutral toilets further enhance the welcoming environment.

## **Classes and Services Offered**

For those with busy schedules, Middlebury Fitness provides convenient **online classes** that allow members to work out from the comfort of their own homes. With a variety of group classes, including **body pump** sessions and senior fitness programs, there's something for everyone. Membership is required to access these services, but many find it worth the investment for the quality experience provided.

## **Highlights of Middlebury Fitness**

- **Sauna Access**: Members can relax and unwind in the sauna located in each locker room, perfect for soothing muscles after an intense workout.
- **Friendly Environment**: The staff and owners are known for their compassionate and personable approach, creating a supportive atmosphere where everyone feels motivated.
- **Flexible Membership Options**: Whether you're visiting for a week or planning to stay longer, options like 2-week and monthly packages make it easy to join.

## **The Community Feel**

One of the most significant highlights of Middlebury Fitness is the **community aspect**. Reviews consistently praise the friendly atmosphere, where members cheer each other on as they work towards their fitness goals. Many even note that the supportive environment helps them stay consistent with their health journeys.

## **Accessibility and Inclusivity**

The facility is designed with **accessibility** in mind, featuring a **wheelchair-accessible entrance**, restrooms, and parking. This commitment to providing equal access ensures that everyone, regardless of physical ability, can participate in the fitness community.

## **Final Thoughts**

Middlebury Fitness stands out as a **top-notch** facility that balances excellent services with a strong support system. Whether you're an active military member looking for **discounts** or someone just starting on their fitness journey, this gym welcomes all with open arms. With a variety of equipment, classes, and a community-centric philosophy, it truly embodies what it means to be a fitness center for the people. So, if you are in the area, take the time to visit and experience all that Middlebury Fitness has to offer!

## The business is situated at

175 Wilson Rd, 05753 Middlebury, Vermont - United States (US)

The contact line of the respective **Fitness center** is +1802-388-3744

And if you want to send a WhatsApp, you can do so at +1802-388-3744

## We are available at these times:

Day	Hours
Monday	8?AM–4?PM
Tuesday	8?AM–4?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	6?AM–8?PM
Sunday	6?AM–8?PM

The website is Middlebury Fitness

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## Images



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*Middlebury fitness gym*



*Middlebury fitness fitness center*



*Middlebury fitness by owner*



*Middlebury fitness all*

## Tags

*Highlights, LGBTQ+ friendly, Online classes, Planning, Amenities, Toilet, Service options, Accessibility, Transgender safe space, Membership required, Active military discounts, Wheelchair-accessible entrance, On-site services, Crowd, Gender-neutral toilets, Wheelchair-accessible toilet, Sauna, Wheelchair-accessible car park*

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