

Intelligent Fitness - Oakland

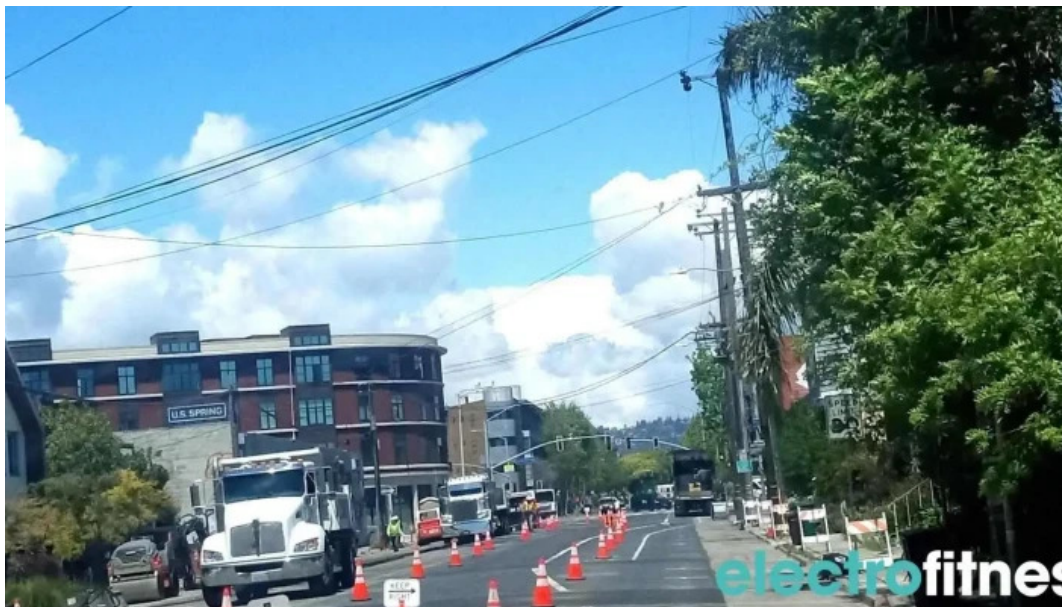
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Intelligent Fitness - Oakland

Welcome to Intelligent Fitness in Oakland, California

Intelligent Fitness is an ****inclusive fitness center**** that prides itself on catering to a diverse clientele. Located in Oakland, this gym offers a welcoming environment where everyone, including those with specific needs, can thrive.

Accessibility Features

One of the standout features of Intelligent Fitness is its commitment to ****accessibility****. The facility boasts a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that all members can access the

gym comfortably. This focus on **accessibility** makes Intelligent Fitness a standout choice for individuals with mobility challenges.

Tailored Training Programs

At Intelligent Fitness, **membership is required** for personalized training experiences. Trainers Liz and Mina are dedicated to creating individualized programs tailored to each member's unique needs. With a strong emphasis on **flexibility**, **stability**, and **strength**, clients can expect a program designed specifically for them. This attention to detail has resulted in remarkable improvements in strength and flexibility, as highlighted by numerous member testimonials.

On-Site Services and Community Environment

Intelligent Fitness also offers a variety of **on-site services** beyond standard workouts. Weekly classes focused on mobility, stretching, and high-intensity interval training are available. Members appreciate the supportive atmosphere, often describing the community as vibrant, friendly, and nonjudgmental. Many have expressed how much they enjoy working out alongside individuals from diverse backgrounds, genders, and fitness levels, making it an affirming space for all.

Online Classes and Flexibility

Understanding the need for flexibility in today's busy world, Intelligent Fitness provides **online classes** for members who may not be able to attend in person. This option allows everyone to stay connected and maintain their fitness journey from home or wherever they may be.

Women-Owned Empowerment

Identifying as **women-owned**, Intelligent Fitness actively promotes a positive and inclusive environment for all genders. The trainers are dedicated to professional development, continuously enhancing their skills to better serve their clients. Their commitment to ongoing education fosters a gym culture that prioritizes safety and encourages personal growth.

Conclusion: A Unique Approach to Fitness

With its comprehensive approach combining **customized training programs**, a supportive community, and accessibility, Intelligent Fitness stands out as a remarkable option for anyone seeking to improve their health and well-being. Whether you're a beginner or an experienced athlete, Intelligent Fitness is committed to helping you achieve your fitness goals. As many members have attested, this gym is not just a place to work out; it's a community where everyone is supported and celebrated.

Our premises are located at

3442 Adeline St, 94606 Oakland, California - United States (US)

The contact line of this **Fitness center** is +1520-245-3827

And if you want to send a WhatsApp, you can do so at +1520-245-3827

Our service hours are:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

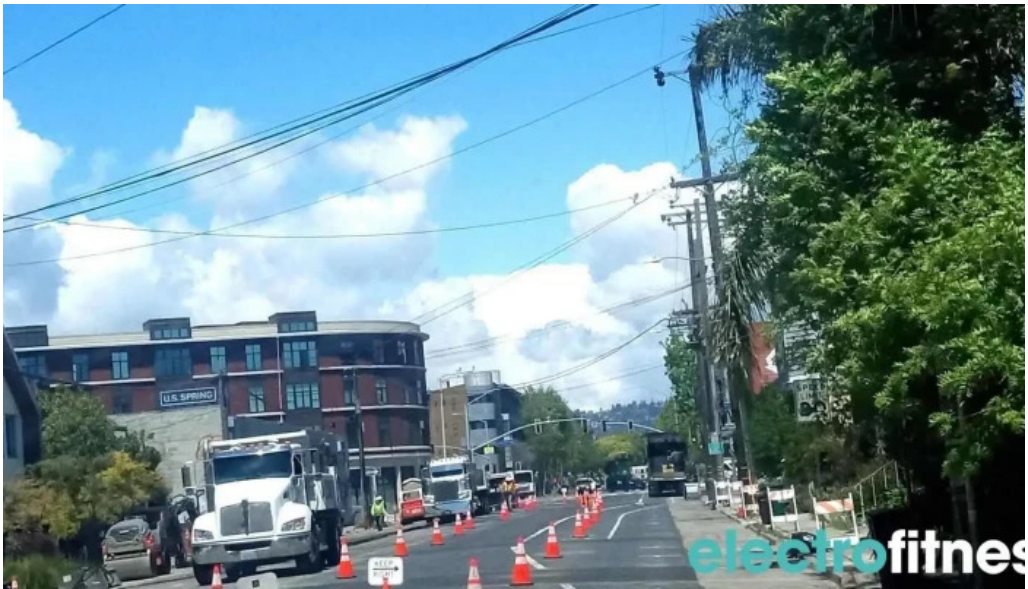
The website is Intelligent Fitness

If you require to change any data that you consider is not precise concerning this web, we ask deliver a message and we will fix it quickly. Thank you in advance thanks for your cooperation.

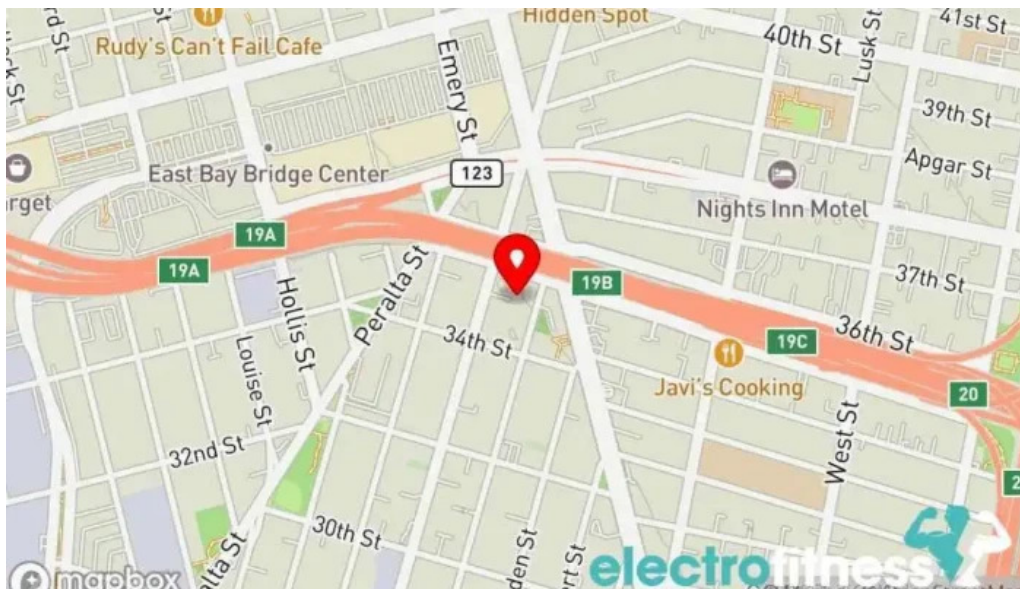
Images



Intelligent fitness street view 360deg



Intelligent fitness oakland



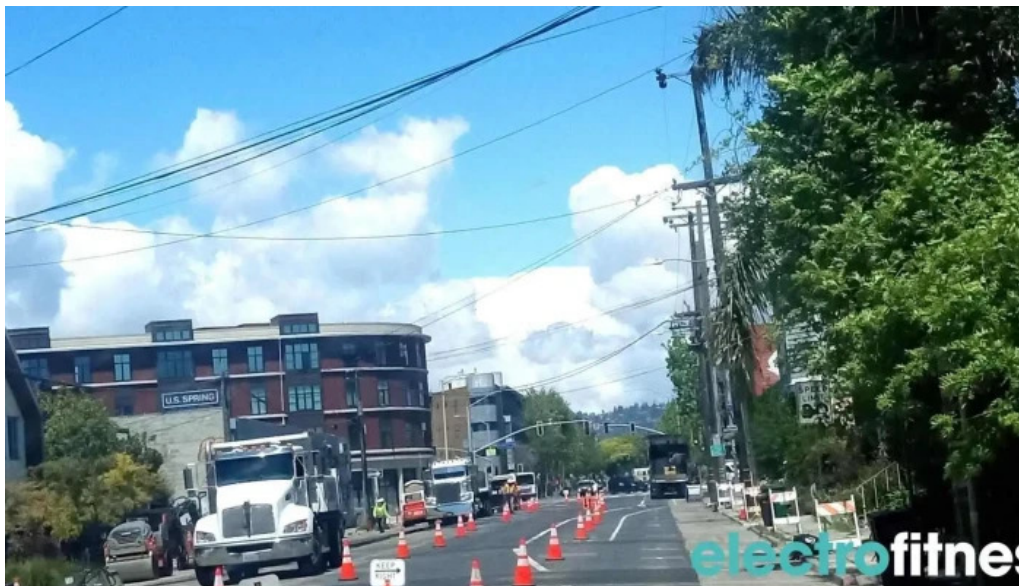
Intelligent fitness map



Intelligent fitness gym



Intelligent fitness by owner



Intelligent fitness all

Tags

Wheelchair-accessible car park, Accessibility, From the business, Planning, Identifies as women-owned, Wheelchair-accessible entrance, On-site services, Service options, Online classes, Membership required

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golf course
golf instructor
grocery store
gym
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