

## Tip Top Shape health and fitness - Oakland

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## *Tip Top Shape health and fitness - Oakland*

### **Discover Tip Top Shape Health and Fitness in Oakland, California**

Are you looking for a fitness center that offers a **\*\*welcoming environment\*\*** and a variety of workout options? Look no further than **\*\*Tip Top Shape Health and Fitness\*\*** in Oakland, California. Whether you're a local or just visiting, this gym is designed for everyone, regardless of fitness level.

### **Accessibility for Everyone**

One of the standout features of Tip Top Shape is its commitment to

**\*\*accessibility\*\***. The facility boasts a **\*\*wheelchair-accessible entrance\*\***, ensuring that all individuals can enjoy the benefits of a fitness routine without barriers. This dedication to inclusivity makes it a fantastic choice for families and individuals alike.

## **A Warm and Inviting Atmosphere**

Visitors rave about the atmosphere at Tip Top Shape. One guest shared their experience after attending a class during a trip to Oakland, stating, "the atmosphere was so inviting, the people so welcoming!" From the moment you step inside, you feel a genuine sense of community. This warmth extends from the staff to fellow members, creating a supportive environment that encourages everyone to reach their fitness goals.

## **Diverse Workout Options**

At Tip Top Shape, you'll find a wide range of classes to suit your interests and schedule. Whether you're into **\*\*traditional workouts\*\***, **\*\*kickboxing\*\***, **\*\*yoga\*\***, or **\*\*step classes\*\***, there's something for everyone. One member noted, "you can do traditional workouts any day of the week around your schedule." With both in-person and online sessions available, you have the flexibility to stay connected with the community, no matter where you are.

## **Community Spirit and Support**

A unique aspect of Tip Top Shape is its focus on community and support. After workouts, members often come together to share moments of reflection. As one visitor mentioned, "we prayed. If someone had a prayer request, they could submit it without fear or belief of judgment." This spiritual component enhances the fitness journey, allowing members to grow not only physically but also emotionally and spiritually.

## **A Family-Friendly Environment**

Tip Top Shape is not just a gym; it's a family-friendly health studio. Parents can feel comfortable bringing their children along as they work toward their fitness goals. With plenty of parking and welcoming staff, it's easy to make fitness a family affair.

## **Join the Community Today!**

If you're in Oakland or planning a visit, don't miss your chance to experience Tip Top Shape Health and Fitness. With its **\*\*dynamic workouts\*\***, **\*\*inclusive environment\*\***, and a focus on community, it's no wonder so many people are hooked. Whether you're a seasoned athlete or just starting your fitness journey, Tip Top Shape has something for everyone. ?

**The premises are located at**

472 9th St, 94607 Oakland, California - United States (US)

The contact phone of this **Fitness center** is +1510-214-3344  
And if you want to send a WhatsApp, you can do so at +1510-214-3344

The website is Tip Top Shape health and fitness

In case you want to change any information that you think is incorrect about this web, please send us a message and we will handle it quickly. Thank you in advance we appreciate it.

## Images



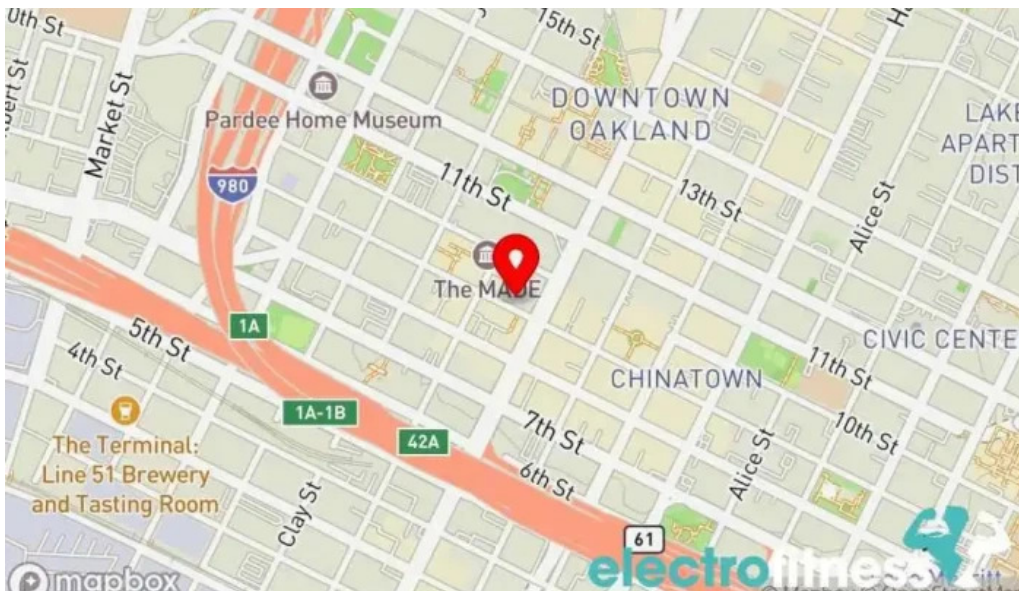
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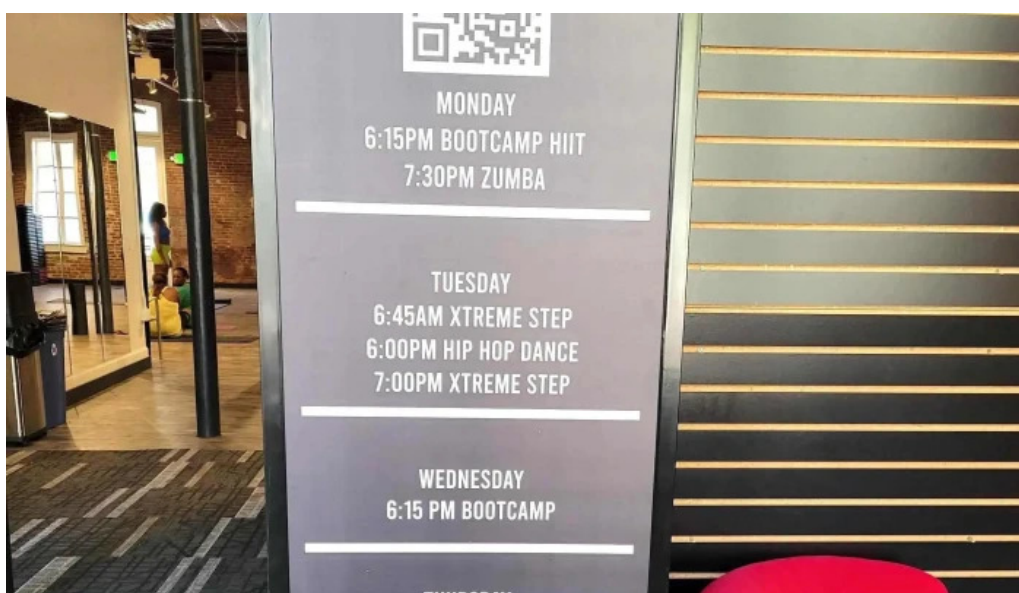
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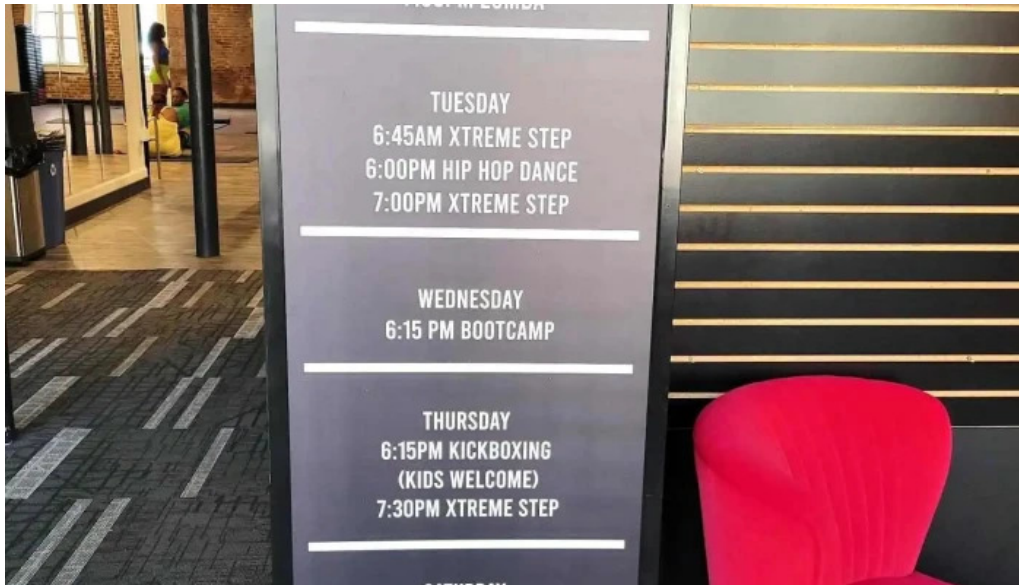
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## Tags

*Wheelchair-accessible entrance, Accessibility*

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