

Zbon Fitness - Poland

poland

☐ I'm not a robot


RECAPTCHA

Published on: 29/05/25	Hits: 50
Comments: 0	See comments
Votes: 5	Score: 5

https://www.electrofitness.com/fitness-center/poland/zbon-fitness-poland_352913.php



poland

Zbon Fitness - Poland

Welcome to Zbon Fitness: Your Local Fitness Center in Poland, Maine

If you're searching for a friendly and accessible fitness center, look no further than ****Zbon Fitness**** in Poland, Maine. This small gym has garnered positive feedback from both locals and visitors alike.

Accessibility Features

One of the standout features of Zbon Fitness is its ****wheelchair-accessible car park****. This ensures that everyone, regardless of mobility challenges, can enjoy a workout without barriers. Accessibility is a priority here, making it an inclusive

space for all fitness enthusiasts.

Community and Cleanliness

Visitors often highlight the welcoming atmosphere at Zbon Fitness. Many describe it as a “**nice small gym**” where the staff is friendly and the facility is kept immaculate. Cleanliness is essential for any gym, and Zbon Fitness excels in this area, providing a pleasant environment for your workouts.

Peak Hours and Private Use

It's worth noting that during the afternoons, Zbon Fitness can become quite busy, particularly with **high school students**. If you prefer a quieter workout session, it might be best to avoid the gym during peak hours when it becomes a private space for about 25 boys.

24/7 Access and Convenience

One of the most impressive aspects of Zbon Fitness is its **24/7 access**. This flexibility allows members to workout whenever it suits them, whether it's early in the morning or late at night. As one member put it, “**24/7 is a game changer**”. The seamless signup process further enhances the experience, making it easy for newcomers to join the fitness community.

Online Coaching Services

In addition to on-site facilities, Zbon Fitness offers **online coaching**, which has proven to be immensely beneficial for many members. Those who have utilized this service highly recommend it, citing personalized support and guidance that helps them achieve their fitness goals.

Conclusion

Zbon Fitness is more than just a gym; it's a community hub that caters to everyone. With its **accessible features**, commitment to cleanliness, and convenient hours, it stands out as a top choice in Poland, Maine. Whether you're lifting weights, attending online coaching sessions, or simply enjoying the friendly atmosphere, Zbon Fitness welcomes you to embark on your fitness journey.

The location of our business is in

1385 Maine St Unit 3, 04274 Poland, Maine - United States (US)

The contact phone of the mentioned **Fitness center** is +1207-931-5140

And if you want to send a WhatsApp, you can do so at +1207-931-5140

Our opening 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

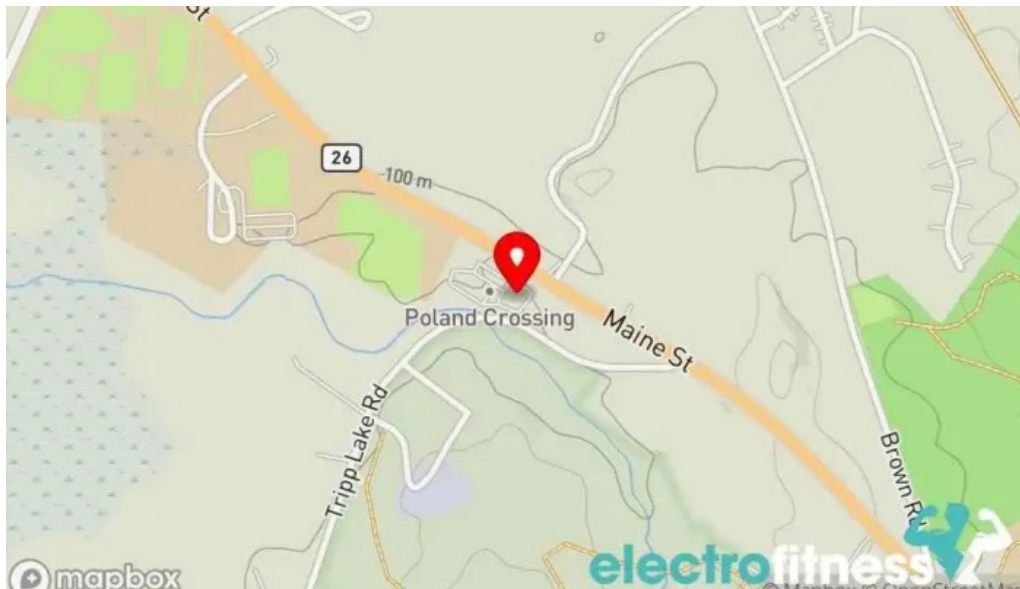
The website is [Zbon Fitness](#)

If necessary to update any information that you consider is not correct concerning this portal, please forward a message so we can we will adjust it as soon as possible. Thanks beforehand thanks for your cooperation.

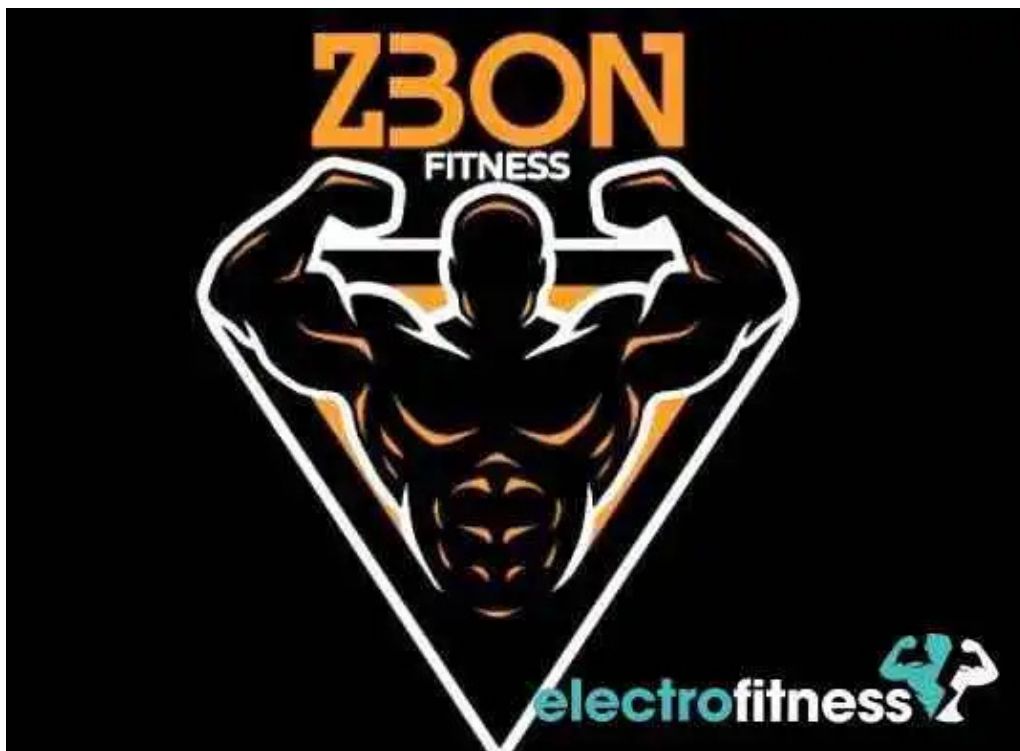
Images



Zbon fitness poland



Zbon fitness map



Zbon fitness by owner



Zbon fitness all

Tags

Wheelchair-accessible car park, Accessibility

Related content

5.0 *	<i>Huffington Pilates and Fitness Studio - Abilene</i>
5.0 *	<i>Panthro Fitness - Pittsburgh</i>
3.5 *	<i>Anytime Fitness - De Motte</i>
3.6 *	<i>Ezo Fitness - Fort Wayne</i>
4.9 *	<i>Sfx Fitness - Alpharetta</i>
5.0 *	<i>Hardcore Fitness Westlake Fitness Studio - Westlake Village</i>
4.3 *	<i>Anytime Fitness - Aberdeen</i>
4.9 *	<i>Orangetheory Fitness - Dyer</i>
4.8 *	<i>Arc Alamo Fitness - Alamo</i>
4.9 *	<i>Anytime Fitness - Tracy</i>

Categories

academic department
acupuncture clinic

after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center

dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark

hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist

public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre

vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization