

## Alliance Fitness Center - Spring Ridge - Reading

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## *Alliance Fitness Center - Spring Ridge - Reading*

### **Discover Alliance Fitness Center - Spring Ridge in Reading, Pennsylvania**

Welcome to **\*\*Alliance Fitness Center (AFC)\*\***, a hidden gem nestled in the heart of Reading, Pennsylvania. If you're seeking a fitness center that prioritizes both community and individualized attention, look no further. Membership is required but offers access to a variety of programs designed for all fitness levels.

### **The Community Atmosphere**

One of the standout features of AFC is its warm and welcoming atmosphere. Members frequently highlight the sense of community, noting that both staff and fellow gym-goers are incredibly supportive and friendly. This camaraderie not only makes workouts enjoyable but also motivates individuals to stay committed to their fitness journeys.

## **Planning Your Fitness Journey**

When you first join Alliance Fitness Center, you'll engage in a thoughtful planning process. Each new member receives a personalized assessment to determine their unique fitness goals. This tailored approach ensures that every individual feels right at home and knows they are working towards their specific aspirations.

## **Accessibility for All**

AFC is committed to making fitness accessible to everyone. The facility features a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, ensuring that all members can enjoy their experience without barriers. This dedication to accessibility allows individuals with varying mobility needs to participate fully in all activities.

## **Group Fitness Classes**

The group fitness classes at AFC are renowned for their high energy and engagement. Members rave about the instructors, who provide not only guidance but also motivation and encouragement. These classes cater to all ability levels, making it easy for anyone to join in and find their rhythm.

## **Personal Training Excellence**

The personal trainers at Alliance Fitness Center are highly regarded for their expertise and individualized care. Many members have shared their positive experiences, emphasizing how trainers adjust programs to meet evolving physical needs. Whether you're new to strength training or looking to enhance your skills, AFC's trainers offer detailed instruction tailored to your goals.

## **Why Choose AFC?**

If you're contemplating joining a new fitness center, consider AFC for its unique qualities: - **\*\*Supportive Community\*\***: Friendly staff and members create a positive environment. - **\*\*Expert Personal Trainers\*\***: Knowledgeable trainers provide personalized programs. - **\*\*Wheelchair Accessible\*\***: Facilities ensure inclusivity for all members. - **\*\*Engaging Classes\*\***: A variety of group classes keeps workouts fresh and exciting. In conclusion, Alliance Fitness Center in Spring Ridge, Reading is more than just a gym; it's a supportive community dedicated to helping you achieve your fitness dreams. Don't miss out on this exceptional fitness experience—join today!

## You can come to our business at

1 Meridian Blvd, 19610 Reading, Pennsylvania - United States (US)

The contact line of this **Fitness center** is +1610-376-2322

And if you want to send a WhatsApp, you can do so at +1610-376-2322

## You can visit us at the following hours:

Day Hours  
Monday  
4:45?AM–8?PM  
Tuesday  
4:45?AM–8?PM  
Wednesday  
4:45?AM–8?PM  
Thursday  
4:45?AM–8?PM  
Friday  
4:45?AM–7?PM  
Saturday  
8?AM–12?PM  
Sunday  
8?AM–12?PM

The website is Alliance Fitness Center - Spring Ridge

If necessary to adjust any data that you feel is not precise related to this site, we kindly request forward a message so that we will fix it as soon as possible. With anticipation thank you very much.

## Images

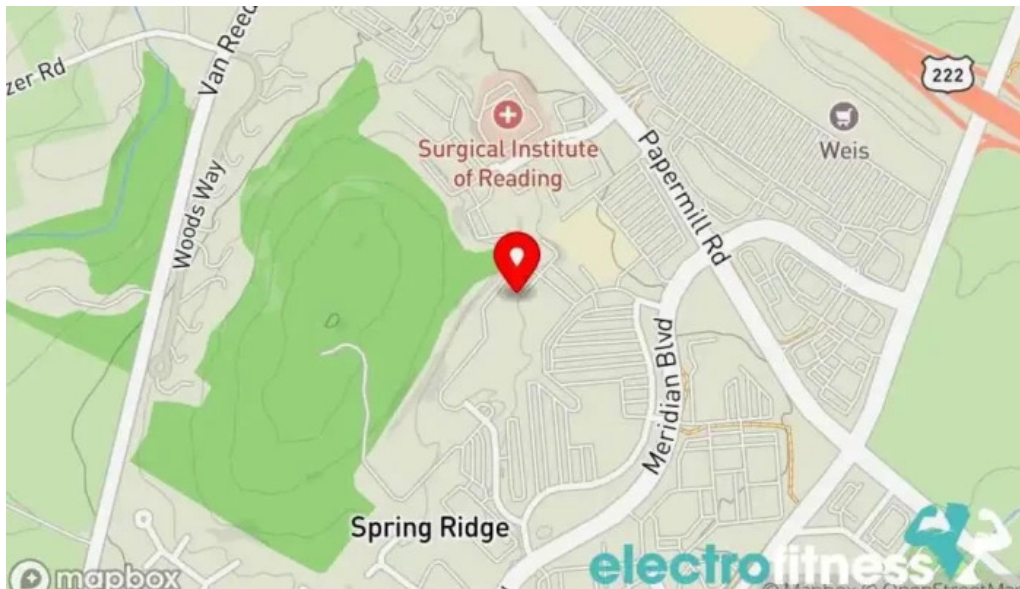


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## Tags

*Planning, Wheelchair-accessible entrance, Accessibility, Membership required, Wheelchair-accessible car park*

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apartment complex
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auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
college
community center

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counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
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indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school



kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer 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
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