

The Troop - Spokane

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spokane

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Welcome to The Troop Fitness Center in Spokane, Washington

The Troop is not just a fitness center; it's a thriving community that helps individuals embrace a healthier lifestyle. Particularly notable is its ****wheelchair-accessible entrance****, ensuring everyone has the opportunity to participate in motivating workouts. This attention to accessibility highlights The Troop's commitment to inclusivity.

Accessibility Features

The Troop offers a ****wheelchair-accessible car park****, making it convenient for

all members and guests. This ensures that everyone can enjoy the amazing workout classes without any barriers. The staff's welcoming attitude complements these facilities, creating an environment where everyone feels valued and encouraged.

A Community That Inspires

As one member expressed, "Coming from someone who's always dreading going to gyms, this has turned into my favorite thing to do at 5 am." Jess, the owner, fosters an atmosphere that combines comfort with motivation. Members rave about her attentiveness and quick responses to questions, solidifying The Troop as a supportive space for fitness enthusiasts.

Engaging Workouts

With instructors described as "knowledgeable and engaging," every session at The Troop is filled with energy and fun. One satisfied member exclaimed, "The music is fantastic, the environment is fun and inclusive, and the workout is so good!" This dynamic atmosphere keeps members coming back for more, proving that fitness can indeed be enjoyable.

Your Fitness Journey Awaits

Members consistently praise the challenging yet fun classes. "I LOVE working out at The Troop; the instructors are so welcoming and supportive," shared a regular attendee. There's a unique balance of encouragement and freedom to personalize your workout, ensuring that every individual can find the right level of challenge.

Transformative Experience

For many, The Troop has been life-changing. "I've learned that with exercise and tracking my macros, I can gain muscle while losing fat," stated a long-time member. The quick 35-minute sessions are designed to fit into busy lifestyles, making consistency attainable and effective for those committed to their health.

Start Your Journey Today!

The Troop is not just a gym; it's a place where great leaders and wonderful people come together. "This is such a fun place to go!! The coaches are awesome, the workouts are short but very effective," said another enthusiastic member. Everyone is invited to experience the transformative power of fitness at The Troop. Join today and discover how accessible and enjoyable working out can be!

The business is situated at

12408 N Division St, 99218 Spokane, Washington - United States (US)

We open at the following schedule:

Day Hours
Monday

5-7?AM 8-10?AM 4:15-6:15?PM

Tuesday

5-7?AM 8-10?AM 4:15-6:15?PM

Wednesday

5-7?AM 8-10?AM 4:15-6:15?PM

Thursday

7:15-9:15?AM

Friday
Closed

Saturday

5-7?AM 8-10?AM 4:15-6:15?PM

Sunday

5-7?AM 8-10?AM 4:15-6:15?PM

The website is [THE TROOP](#)

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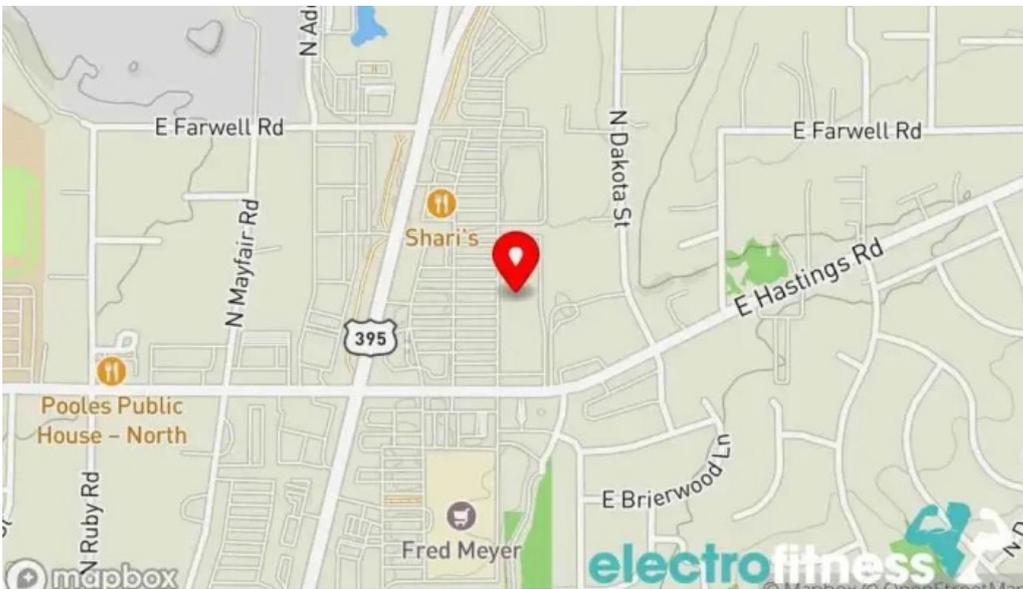
Images



The troop street view 360deg



The troop spokane



The troop map



The troop gym



The troop by owner



The troop all

Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

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