

## Power Up! Fitness - Valley Springs

valley springs

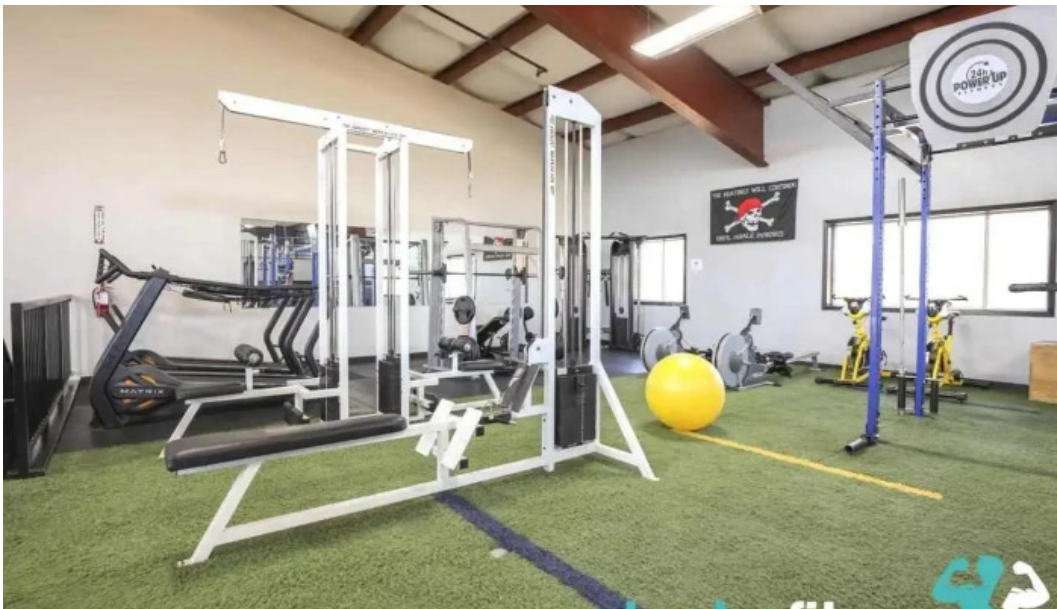
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*valley springs*

## *Power Up! Fitness - Valley Springs*

### Welcome to Power Up! Fitness in Valley Springs, California

Power Up! Fitness stands as a beacon for fitness enthusiasts in Valley Springs. With its state-of-the-art facilities and a strong commitment to community, this gym has something for everyone.

### Amenities and Offerings

At Power Up! Fitness, members can enjoy a variety of **\*\*amenities\*\*** designed for their convenience and comfort. The facility offers: - A refreshing **\*\*pool\*\*** for

relaxation and swimming - A spacious **basketball court** for sports enthusiasts  
- Separate **sauna** and steam rooms, ensuring a relaxing experience after workouts - An expansive open floor plan with plentiful workout equipment  
These features make it an excellent choice for individuals looking to stay active and healthy.

## **Child Care Services**

One of the highlights of Power Up! Fitness is its on-site **child care services**, allowing parents to focus on their fitness while knowing their children are in safe hands. This family-friendly approach adds tremendous value for those with young kids.

## **Accessibility Options**

Power Up! Fitness identifies as a **women-owned** establishment and prides itself on being inclusive. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all members of the community can access the facilities. Additionally, the presence of **gender-neutral toilets** reflects the gym's commitment to inclusivity.

## **Discounts for Active Military**

The gym also offers **active military discounts**, making it more affordable for service members to maintain their fitness. However, it is essential to clarify the eligibility criteria beforehand, as some customers have reported inconsistencies regarding discounts offered based on occupation.

## **Membership Requirements**

While membership is required to access many services, Power Up! Fitness provides flexible options with drop-in fees, allowing non-members to use the gym's facilities at their convenience. This flexibility ensures that everyone can experience what Power Up! Fitness has to offer without long-term commitment.

## **Community Engagement and Support**

Power Up! Fitness actively supports local school athletics and athletes, demonstrating their commitment to the community. Members appreciate this investment in the local area, which fosters a sense of belonging.

## **Member Experiences and Feedback**

Feedback from members has varied; while many praise the friendly staff and extensive offerings, some mention challenges in communication and service quality. The majority describe their experiences positively, highlighting not just the **great equipment** but also **excellent classes** and instructors who truly engage with members.

## **Conclusion**

In conclusion, Power Up! Fitness offers a comprehensive fitness experience

with a range of amenities and a welcoming environment. Whether you're interested in group classes or prefer working out independently, this gym caters to your needs. Explore what Power Up! Fitness has to offer and become a part of a supportive fitness community today!

### **You will find us at**

145 Mangili Rd, 95252 Valley Springs, California - United States (US)

The contact line of the respective **Fitness center** is +1209-772-2898

And if you want to send a WhatsApp, you can do so at +1209-772-2898

### **You can visit us at the following hours:**

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 Power Up! Fitness

If you need to alter any element that you consider is not correct related to this site, we urge you to send a message so we can we will handle it as soon as possible. Thanks beforehand thanks.

## **Images**



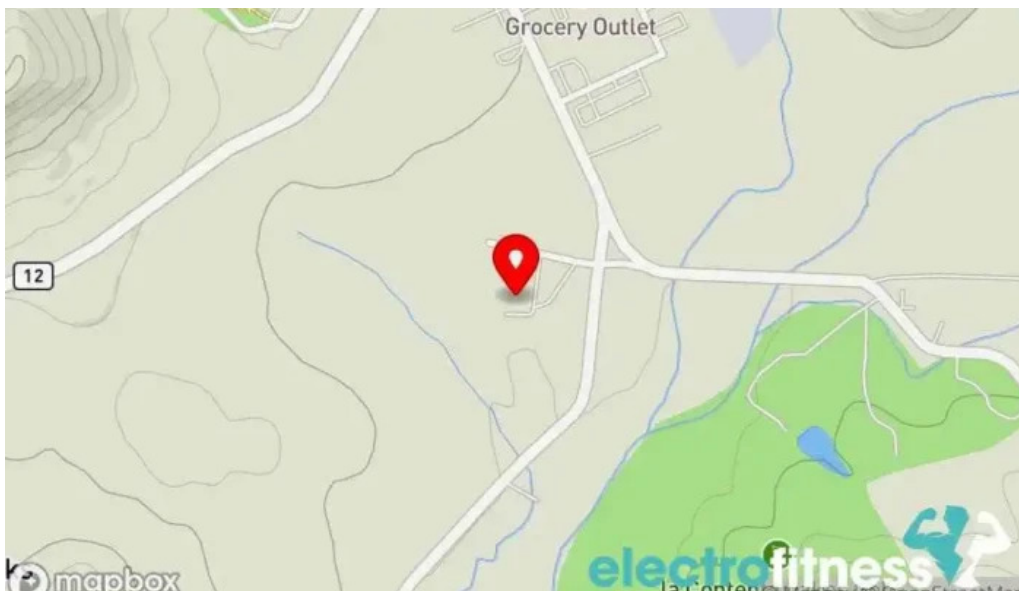
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## Tags

*On-site services, Accessibility, Active military discounts, Membership required, Wheelchair-accessible entrance, Offerings, Planning, Sauna, Amenities, Child care, Highlights, Service options, Basketball court, Wheelchair-accessible car park, Identifies as women-owned, Gender-neutral toilets, From the business*

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after school program
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apartment complex
aquatic centre
arena
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assisted living facility
association / organization
athletic club
auditorium
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barber shop
basketball club
basketball court
batting cage center
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
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
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

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parking lot
parkour spot
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
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public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
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rock climbing gym
rv park
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sports club
sports complex
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supermarket
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swimming school
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water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
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