

Equalize Fitness and Wellness - Yonkers

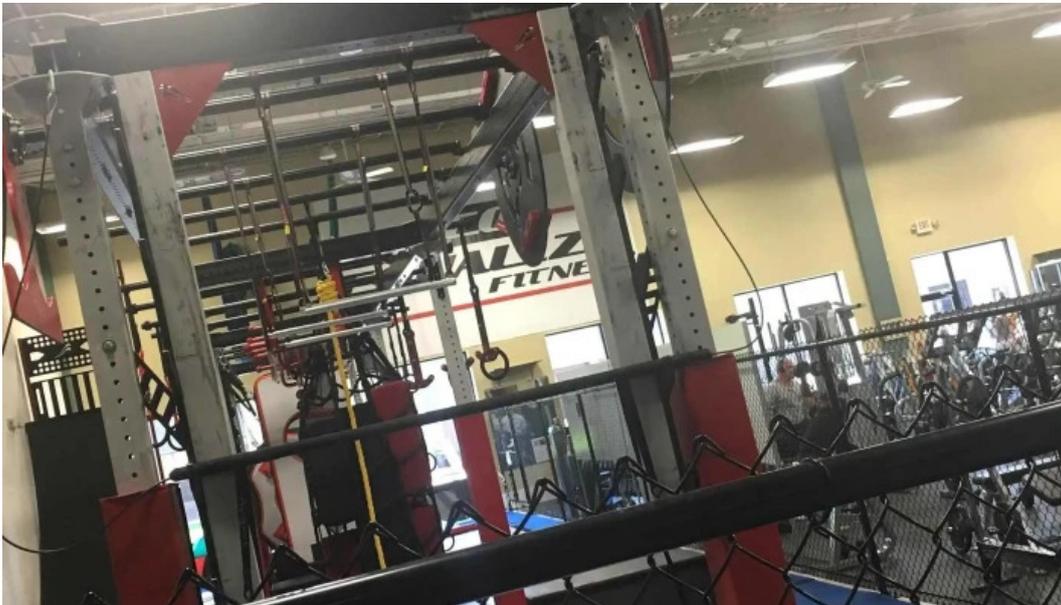
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yonkers

Equalize Fitness and Wellness - Yonkers

Equalize Fitness and Wellness: Your Local Gym in Yonkers, NY

Equalize Fitness and Wellness is a prominent fitness center located in Yonkers, New York, offering a variety of services tailored to meet the needs of its members.

Service Options Available

The center provides multiple ****on-site services****, including personal training and online classes, ensuring that members can access fitness resources

according to their preferences. For families, there are special **children's programs** such as gymnastics and a **Ninja obstacle course**, making it a **good choice for kids**.

Membership and Accessibility

Membership is required to take advantage of the amenities offered at the facility. Despite some reviews pointing out limitations like a small gym area during peak hours, many appreciate that the space rarely feels overcrowded. The fitness center features a **wheelchair-accessible entrance**, a **wheelchair-accessible car park**, and **toilets** designed for convenience, which demonstrates their commitment to **accessibility**.

Parking and Amenities

Equalize Fitness provides **free parking** for all members, allowing easy access to the gym. The facility boasts modern amenities, including a sauna, steam room, and clean shower facilities. Additionally, there's a **Wi-Fi** service available to enhance the workout experience.

Community and Inclusivity

The gym is known for its friendly atmosphere, being welcoming to all, including the **LGBTQ+ community** and offering a **transgender safe space**. Many members have praised the supportive environment, likening it to a friendly neighborhood gathering place.

Member Experiences and Highlights

While some feedback has noted issues regarding cleanliness and crowding during certain hours, others have emphasized the community aspect, stating that the people at Equalize create a positive environment. **Highlights** of the gym include: - A well-maintained selection of equipment - Supportive staff and trainers who cater to diverse member needs - A variety of classes that accommodate different fitness levels

Special Offers and Discounts

Equalize Fitness goes beyond just standard membership by providing specific **active military discounts** and promotions for local first responders. This not only encourages a sense of community but also recognizes the efforts of those who serve.

Conclusion

Equalize Fitness and Wellness may be a compact facility compared to larger chains, but its focus on cleanliness, community, and accommodating diverse individual needs makes it a valuable choice for fitness enthusiasts in Yonkers. Whether you're looking for a quick workout or a family-friendly program, this gym has something to offer everyone.

Our business is located at

1 Odell Plaza #190, 10701 Yonkers, New York - United States (US)

The phone of said **Fitness center** is +1914-751-6655

And if you want to send a WhatsApp, you can do so at +1914-751-6655

Our service hours are:

Day Hours
Monday
8?AM–3?PM
Tuesday
6?AM–9:30?PM
Wednesday
6?AM–9:30?PM
Thursday
6?AM–9:30?PM
Friday
6?AM–9:30?PM
Saturday
6?AM–8:30?PM
Sunday
8?AM–3?PM

The website is Equalize Fitness and Wellness

If you require to change any detail that you think is not correct about this portal, we kindly request send a message so that we will adjust it quickly. With anticipation thanks.

Images



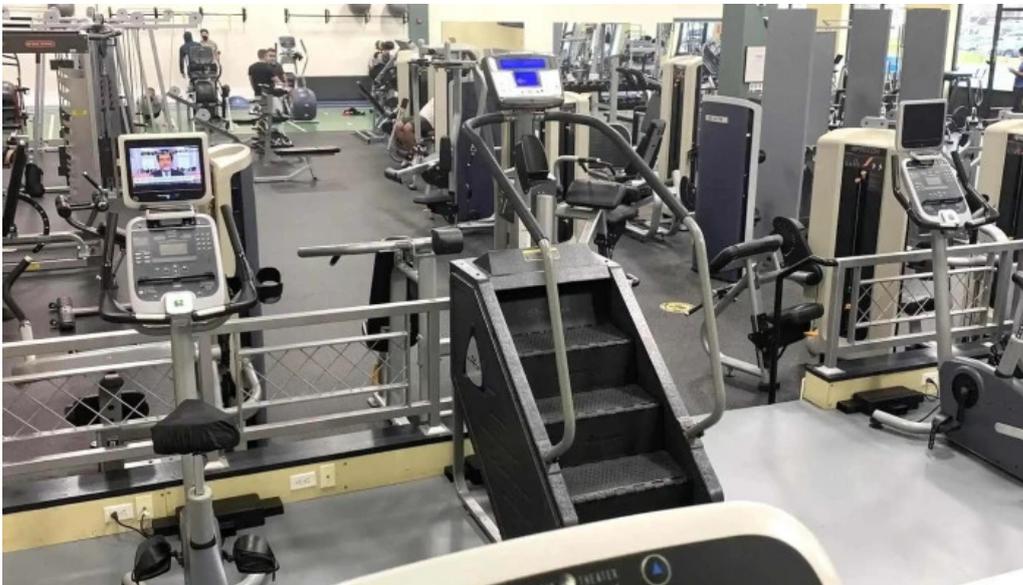
Equalize fitness and wellness yonkers



Equalize fitness and wellness street view 360deg



Equalize fitness and wellness schedule



Equalize fitness and wellness near me



Equalize fitness and wellness map



Equalize fitness and wellness gym



Equalize fitness and wellness fitness center



Equalize fitness and wellness comments



Equalize fitness and wellness by owner



Equalize fitness and wellness all



Equalize fitness and wellness address

Tags

Service options, Toilet, Wheelchair-accessible toilet, Transgender safe space, Free parking lot, Crowd, Highlights, Sauna, Accessibility, Offerings, On-site services, Planning, Amenities, Active military discounts, Good for kids, Parking, Wheelchair-accessible car park, Online classes, Wi-Fi, Wheelchair-accessible entrance, Membership required, LGBTQ+ friendly, Children

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gymnasium school
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karate school
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kinesiotherapist
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