

Unwind - Summit 23 - Adel

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https://www.electrofitness.com/gym/adel/unwind-summit-23-adel_218811.php



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Welcome to Unwind - Summit 23: Your Premier Fitness Destination in Adel, Iowa

Unwind - Summit 23 is not just a gym; it's a comprehensive wellness facility that offers an extraordinary range of services and amenities designed to meet all your fitness and recovery needs. Whether you are a fitness enthusiast or just starting your journey, this gym has something for everyone.

Accessibility and Inclusivity

At Unwind, accessibility is a top priority. The facility features a

****wheelchair-accessible entrance****, ensuring all members can enjoy the services without barriers. Additionally, the ****wheelchair-accessible car park**** and ****toilet**** facilities provide convenient access for individuals with mobility challenges. The gym is also ****LGBTQ+ friendly****, creating a welcoming and inclusive environment for everyone.

A Variety of Service Options

Unwind offers a wide array of ****on-site services**** tailored to enhance your fitness experience. Members can take advantage of a robust selection of workout equipment, recovery tools, and wellness therapies. Notably, the spa-like amenities include a spacious ****sauna****, electric ****cryotherapy****, and innovative treatments like red and blue light therapy. Whether you're lifting weights or relaxing post-workout, there's something for everyone. The facility is praised for being clean, well-maintained, and equipped with ****Wi-Fi****, so you can stay connected while working towards your fitness goals.

Community and Support

The sense of community at Unwind is palpable from the moment you enter. Many members have noted the ****friendly and professional staff**** who are always ready to assist and provide guidance on training and recovery options. This friendly atmosphere fosters a supportive environment where you can thrive.

Parking and Amenities

Unwind boasts ample ****free parking**** on-site, making access easy and convenient. The gym's amenities go beyond traditional offerings, featuring high-quality equipment that caters to various fitness levels. With options such as cryotherapy and infrared therapy, Unwind stands out as a leader in wellness and recovery services.

Join Unwind - Summit 23 Today!

With its exceptional services, commitment to cleanliness, and inclusive environment, Unwind - Summit 23 is an investment in your health and wellness. Don't miss out on the opportunity to be part of this thriving community. Visit today and begin your journey towards achieving your fitness goals in a welcoming and supportive setting. Unwind awaits you!

Our establishment is located at

28901 R Ave, 50003 Adel, Iowa - United States (US)

The contact line of said **Gym** is +1515-328-8573

And if you want to send a WhatsApp, you can do so at +1515-328-8573

Our service 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 [Unwind - Summit 23](#)

If necessary to modify any information that you think is not precise about this web, we urge you to deliver a message so we can we will handle it as soon as possible. In advance we appreciate it.

Images



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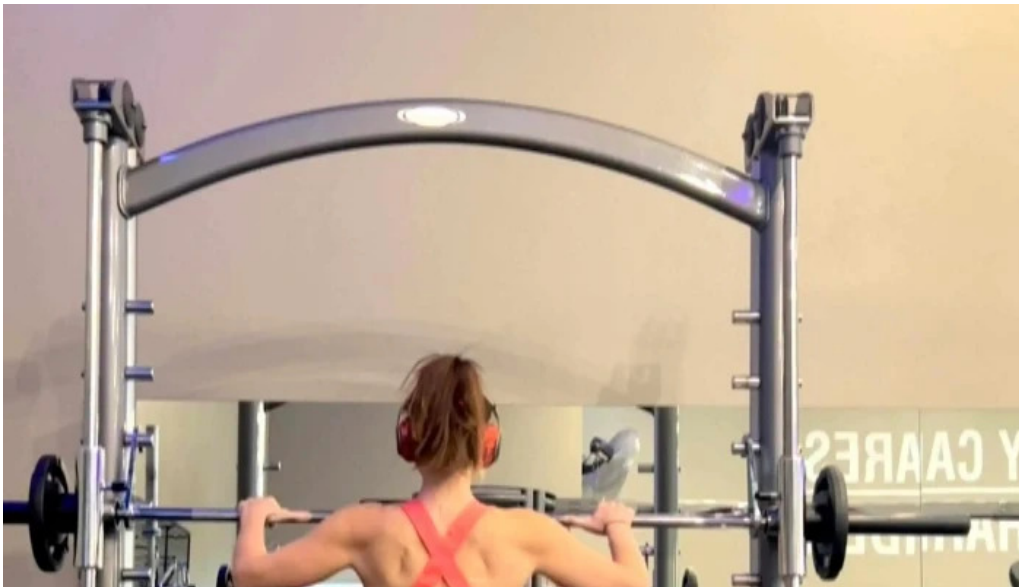
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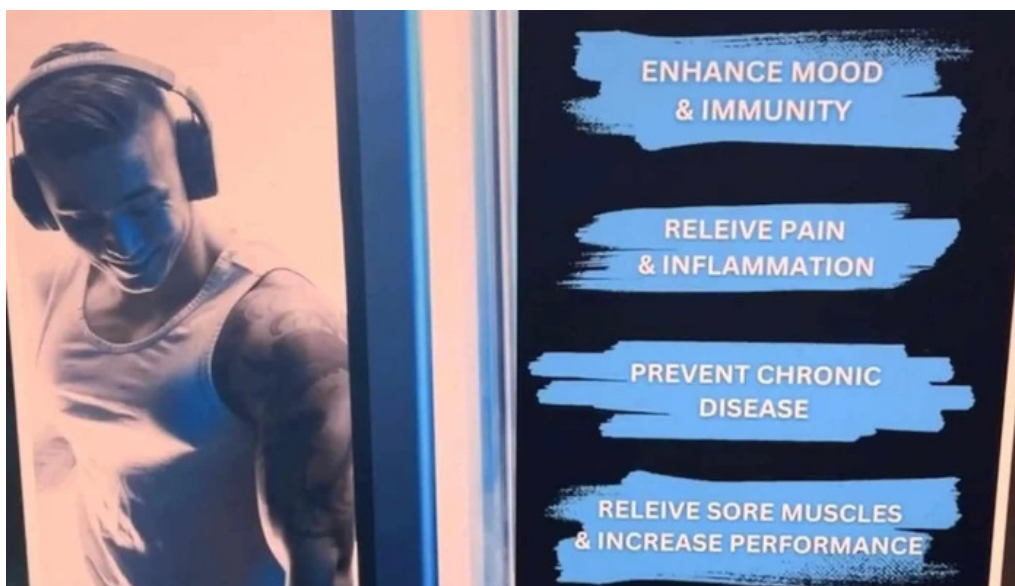
Unwind summit 23 gym



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Tags

Free parking lot, Sauna, Wheelchair-accessible toilet, Toilet, Parking, Accessibility, Amenities, Wi-Fi, Wheelchair-accessible car park, Service options, Crowd, On-site services, Wheelchair-accessible entrance, On-site parking, LGBTQ+ friendly

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