

CrossFit Lehigh Valley - Allentown

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CrossFit Lehigh Valley - Allentown

Discover CrossFit Lehigh Valley in Allentown, Pennsylvania

CrossFit Lehigh Valley stands out as a premier gym facility in Allentown, Pennsylvania, known for its welcoming atmosphere, exceptional coaching, and comprehensive amenities. With a focus on community and inclusivity, this gym truly embodies the spirit of fitness.

State-of-the-Art Amenities

At CrossFit Lehigh Valley, members can benefit from ****wheelchair-accessible entrance**** and ****gender-neutral toilets****, ensuring a comfortable experience for

everyone. The facility boasts a ****wheelchair-accessible car park**** and ample space to accommodate large classes without feeling crowded.

Welcoming Environment

Visitors have consistently praised the warm and inviting environment at this gym. Comments highlight how “everyone was welcoming” and how the coaches provide individualized attention, making it an ideal spot for both seasoned athletes and newcomers alike. The sense of community is palpable, allowing every member to feel like family.

Expert Coaching and Support

The coaching staff at CrossFit Lehigh Valley is renowned for their expertise. Reviewers have noted that coaches offer “specific, directed instruction” and are skilled at adapting workouts to meet individual needs, especially for those with past injuries. The owner, Tasha, is particularly celebrated for her hands-on approach and knowledge of physical therapy principles, enhancing the overall workout experience.

On-Site Services and Class Options

CrossFit Lehigh Valley offers a variety of ****service options****, including ****online classes**** for those who prefer remote training. This flexibility ensures that everyone can participate, no matter their schedule or personal preferences. Additionally, the facility provides ****Wi-Fi****, enabling members to stay connected while working out.

A Gym for Everyone

This gym identifies as ****women-owned****, ****Asian-owned****, and ****LGBTQ+ owned****, reflecting its commitment to diversity and inclusivity. Members have praised how the gym is adaptable, catering to all fitness levels and abilities, making it a truly versatile place to train.

Transformative Fitness Experience

CrossFit Lehigh Valley is described as a “truly transformative fitness experience.” With a focus on proper technique and form, members leave each session feeling inspired and confident. Whether you are a beginner or an elite athlete, the supportive environment encourages personal growth through challenging workouts and communal support.

Final Thoughts

If you're searching for a gym in Allentown, Pennsylvania, look no further than CrossFit Lehigh Valley. With a reputation for cleanliness, expert coaching, and a culture of encouragement, it's no wonder why so many come back to this fantastic facility. Your first class is free, so give it a try and see how it feels to be part of this amazing community!

You can come to our business at

1855 Weaversville Rd Suite 102, 18109 Allentown, Pennsylvania - United States (US)

The phone of this **Gym** is +1610-646-1097

And if you want to send a WhatsApp, you can do so at +1610-646-1097

We look forward to seeing you at:

Day	Hours
Monday	6?AM–7?PM
Tuesday	5?AM–5?PM
Wednesday	8–10?AM
Thursday	10–11?AM
Friday	5?AM–7?PM
Saturday	5?AM–7?PM
Sunday	5?AM–7?PM

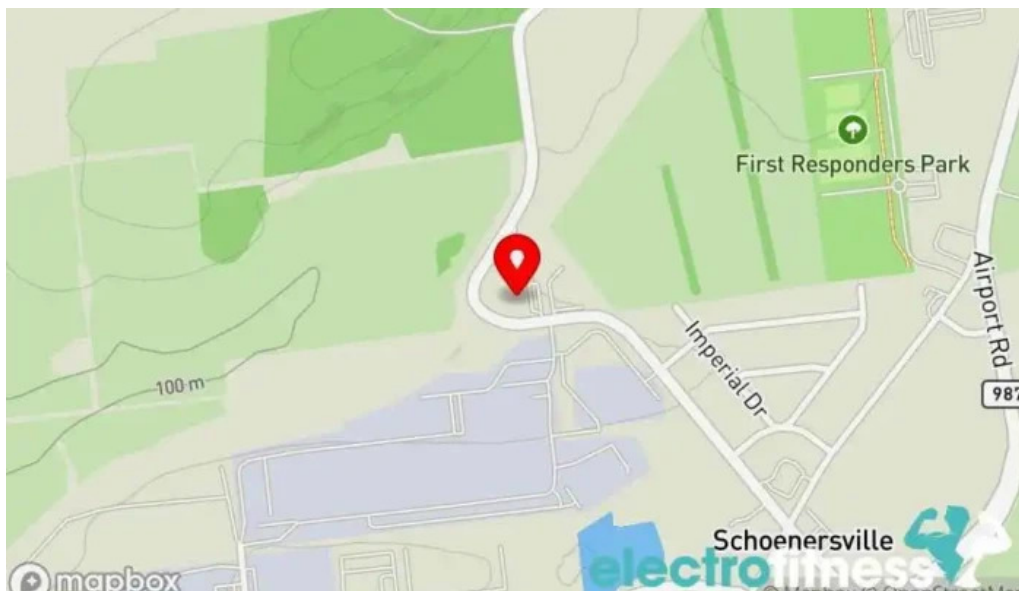
The website is CrossFit Lehigh Valley

If you need to update any detail that you feel is incorrect concerning this web, please forward a message so that we will correct it as soon as possible. In advance thanks.

Images



Crossfit lehigh valley street view 360deg



Crossfit lehigh valley map



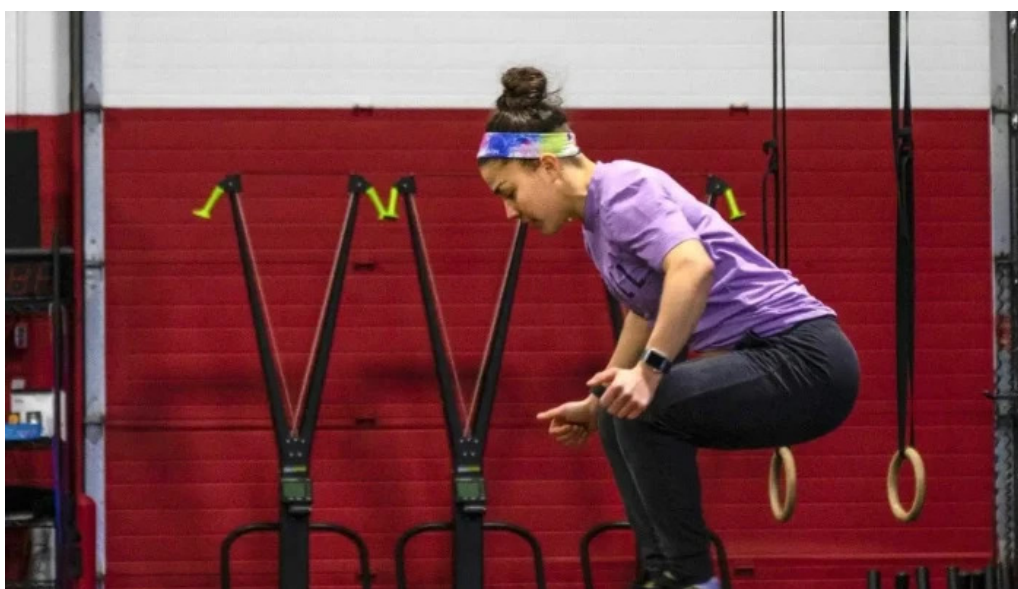
Crossfit lehigh valley gym



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Tags

Toilet, Amenities, On-site services, Gender-neutral toilets, Wheelchair-accessible car park, Accessibility, Identifies as women-owned, Service options, Identifies as Asian-owned, Online classes, From the business, Wheelchair-accessible entrance, Wi-Fi, Identifies as LGBTQ+ owned

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