

Yingling's Gym - Altoona

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Yingling's Gym: A Haven for Fitness Enthusiasts in Altoona, Pennsylvania

If you're looking for a gym that combines a welcoming atmosphere with top-notch amenities, look no further than **Yingling's Gym** in Altoona, Pennsylvania. This veteran-owned establishment stands out for its commitment to providing a supportive environment for all members, including those with disabilities.

A Unique Approach to Fitness

Many gyms can feel intimidating, especially for individuals recovering from injuries or those with disabilities. However, Yingling's Gym has been described as a "godsend" by members who appreciate its **judgment-free zone**. The gym limits membership capacity, ensuring that members can work out comfortably without the pressure of large crowds.

Top-notch Offerings and Amenities

Yingling's Gym offers an array of equipment tailored for serious fitness enthusiasts. With **dumbbells exceeding 100 pounds** and a variety of machines, this gym provides everything needed for a comprehensive workout. Additionally, the facilities include a relaxing **sauna**, available at just \$5 per session, making it one of the few gyms in the Central PA region to offer such a service.

Accessibility at Its Best

Accessibility is a priority at Yingling's Gym. The **wheelchair-accessible car park** ensures that all members can enjoy the facilities without difficulty. Whether you're entering the gym or using the equipment, Yingling's focuses on creating an inclusive environment for everyone.

Always Open, Always Available

The convenience of **24-hour access** allows members to work out whenever it suits them. Unlike larger franchise gyms, Yingling's maintains a cap on memberships, preventing overcrowding and allowing a smooth flow of people throughout the day. This ensures that you can always find the machines you want to use.

Connecting Through Community

Members frequently praise the **atmosphere** and the sense of community at Yingling's Gym. The friendly and supportive vibe fosters connections among gym-goers, making it more than just a place to exercise—it's a community hub for fitness enthusiasts of all backgrounds.

Conclusion

In summary, Yingling's Gym in Altoona, Pennsylvania, offers a unique blend of quality equipment, excellent amenities, and a supportive atmosphere that is hard to find elsewhere. With a focus on accessibility and community, it is an excellent choice for anyone looking to enhance their fitness journey in a

comfortable and encouraging environment.

The business is situated at

2572 E Pleasant Valley Blvd STE 3, 16601 Altoona, Pennsylvania - United States (US)

The phone number of said **Gym** is +1814-515-1090

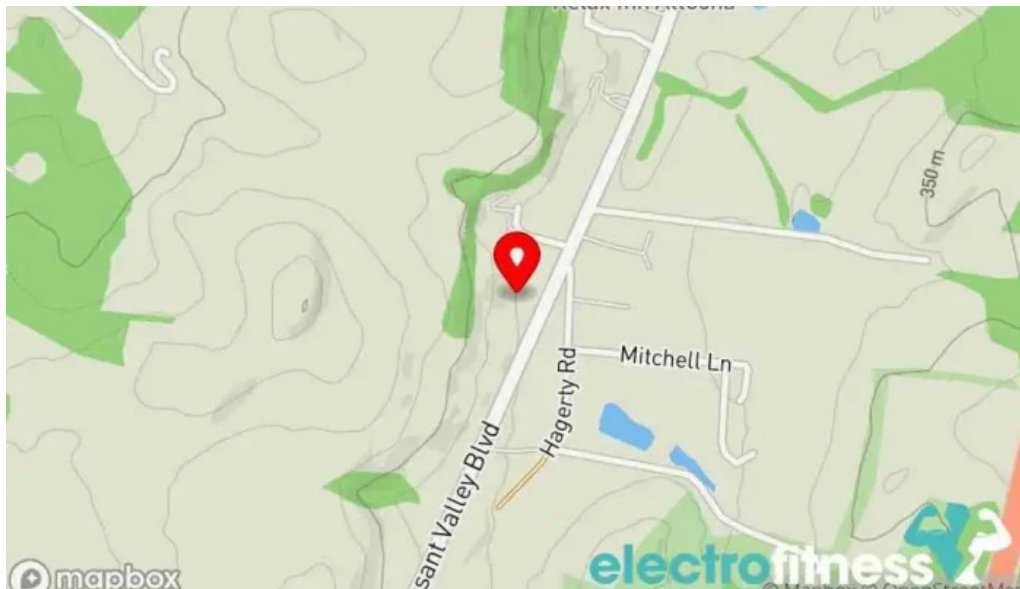
And if you want to send a WhatsApp, you can do so at +1814-515-1090

Our opening hours are:

Day	Hours
Monday	9?AM–3?PM
Tuesday	9?AM–12?PM
Wednesday	Closed
Thursday	Closed
Friday	9?AM–3?PM
Saturday	9?AM–3?PM
Sunday	9?AM–3?PM

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Images



Yinglings gym map



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Tags

Wi-Fi, Wheelchair-accessible car park, Sauna, Amenities, From the business, Accessibility, Swimming pool, Identifies as veteran-owned, Offerings

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