

## Mule Fitness - Amsterdam

amsterdam

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*amsterdam*

## *Mule Fitness - Amsterdam*

### Discovering Mule Fitness: Your Ultimate Gym Experience in Amsterdam, New York

Mule Fitness is rapidly becoming a favorite fitness destination for many locals in Amsterdam, New York. With its excellent facilities and community-oriented environment, this gym offers much more than just a place to work out.

#### Accessibility for All

One of the standout features of Mule Fitness is its commitment to **\*\*accessibility\*\***. The gym boasts a **\*\*wheelchair-accessible car park\*\*** and a

**\*\*wheelchair-accessible entrance\*\***, ensuring that everyone can enjoy the benefits of fitness without barriers. This thoughtful design reflects the gym's mission to be inclusive for all members of the community.

## **Membership Required**

As with most gyms, membership is required to access the facilities and classes at Mule Fitness. Fortunately, they frequently offer promotions, and recent feedback highlights a fantastic deal of only \$50 for the year, making it an attractive option for both newcomers and seasoned fitness enthusiasts.

## **A Welcoming Atmosphere**

Feedback from visitors indicates a mixed experience with staff interaction. While many members praise the **\*\*friendly\*\*** and **\*\*helpful staff\*\***, some have noted instances of indifference. It's essential for a gym to foster a welcoming environment, and while the camaraderie among members is evident, improvement in staff engagement could enhance the overall experience. Many patrons appreciate that some staff members get to know them by name, creating a sense of community.

## **Facilities and Equipment**

Mule Fitness is described as a clean and spacious facility equipped with a variety of exercise machines and equipment. However, visitors have pointed out that while the overall cleanliness is commendable, there seems to be a shortage of specific equipment, especially on the MMA and boxing side of the gym. Some members have expressed the desire for more training tools tailored to martial arts, which currently gives off a "posh commercial gym" vibe rather than a dedicated MMA training space.

## **Diverse Classes and Training Options**

The gym offers a wide range of classes, including kickboxing, circuit training, yoga, and step aerobics. These sessions cater to various fitness levels, ensuring that there is something for everyone. Members have noted how challenging and engaging the workouts are, often leaving them feeling accomplished and motivated.

## **Delicious Smoothies and Amenities**

One of the unique perks of Mule Fitness is its smoothie bar, providing delicious protein smoothies and espresso to refresh members after their workouts. This small touch adds to the overall experience, making it not just a gym but a social hub for fitness enthusiasts.

## **The Final Verdict**

While Mule Fitness has received positive feedback for its clean facilities, friendly community, and diverse class offerings, there is still room for

improvement, particularly regarding staff engagement and certain equipment availability for specialized training. Overall, it stands out as an excellent option for anyone in the Amsterdam area looking to elevate their fitness journey. Whether you are a newbie or a seasoned athlete, Mule Fitness welcomes you with open arms!

**You can come to our business at**

260 Forest Ave, 12010 Amsterdam, New York - United States (US)

The phone of the mentioned **Gym** is +1518-467-6588

And if you want to send a WhatsApp, you can do so at +1518-467-6588

**We open at the following schedule:**

Day	Hours
Monday	5:30?AM–10?PM
Tuesday	5:30?AM–10?PM
Wednesday	7?AM–3?PM
Thursday	7?AM–3?PM
Friday	5:30?AM–10?PM
Saturday	5:30?AM–10?PM
Sunday	5:30?AM–10?PM

The website is Mule Fitness

If you need to modify any detail that you think is not precise related to this site, we ask forward a message so that we will adjust it at the earliest convenience. Thanks beforehand we appreciate it.

**Images**

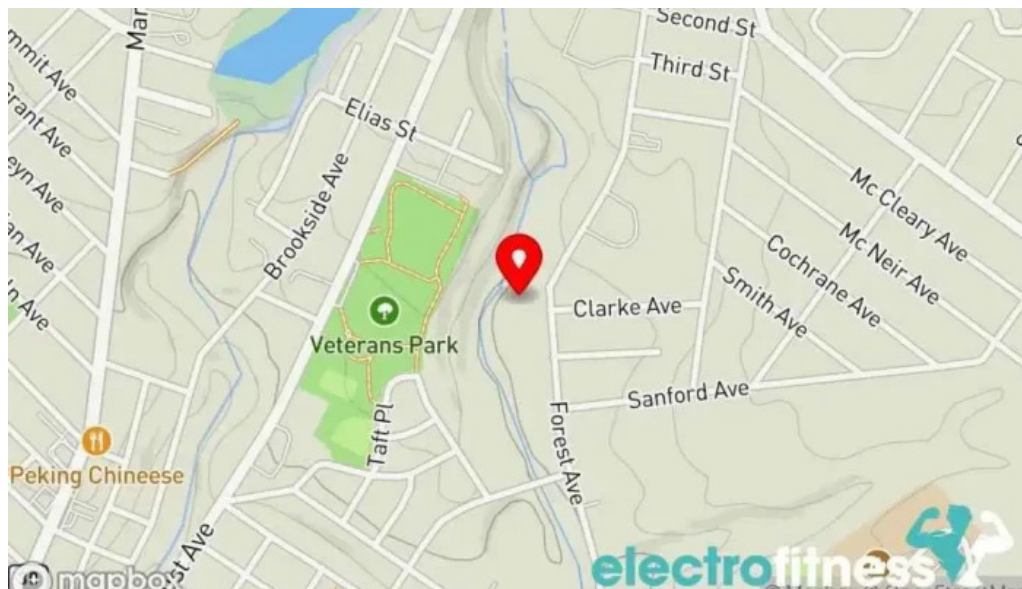


*Mule fitness videos*



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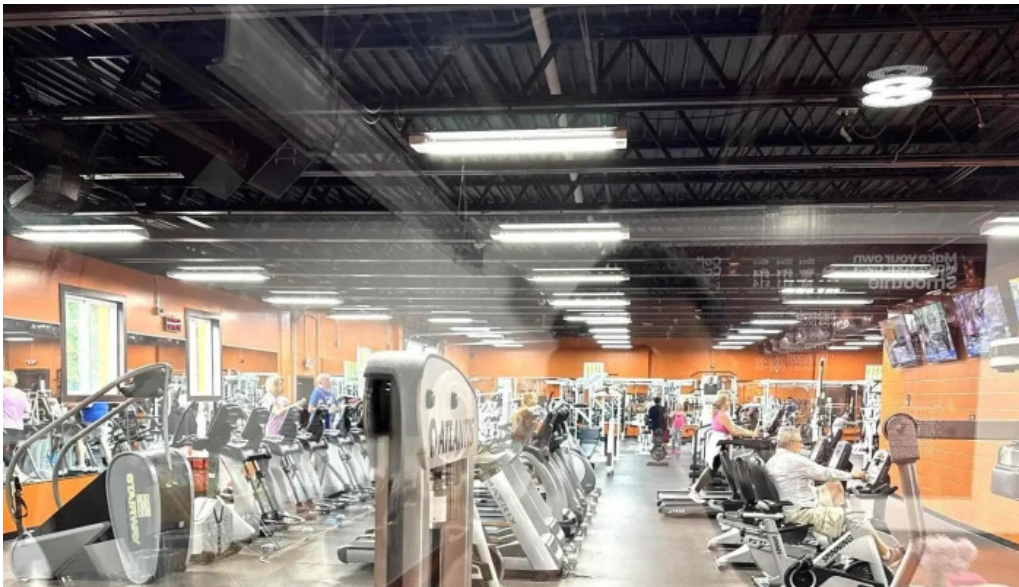
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## Tags

*Membership required, Accessibility, Planning, Wheelchair-accessible car park, Wheelchair-accessible entrance*

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massage therapist
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school district office
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