

## Apex Health & Wellness - Angola

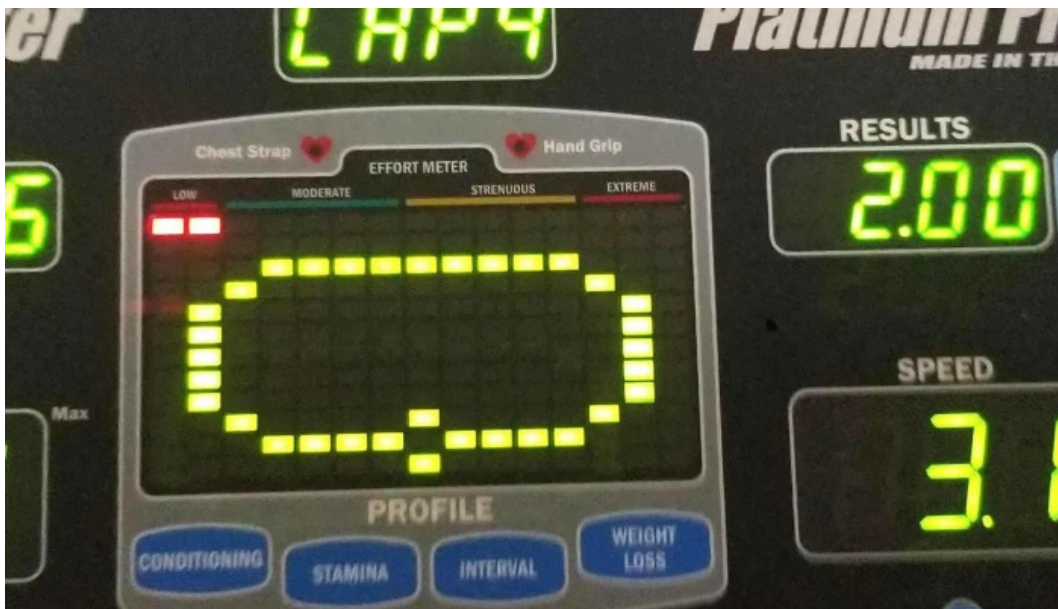
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angola

## Apex Health & Wellness - Angola

### APEX Health & Wellness: A Comprehensive Overview

APEX Health & Wellness, located in Angola, New York, stands out as a premier destination for fitness enthusiasts. With a variety of offerings and facilities designed for all types of gym-goers, it aims to provide a welcoming environment for anyone looking to enhance their health and wellbeing.

### Accessibility Features

One of the key aspects that makes APEX Health & Wellness commendable is its commitment to accessibility. The **wheelchair-accessible entrance** and

**\*\*wheelchair-accessible car park\*\*** make it easy for individuals with mobility challenges to enter the facility without difficulties. This focus on accessibility ensures that everyone has the opportunity to benefit from the fitness programs offered.

## **Variety of Offerings**

APEX Health & Wellness boasts an extensive array of equipment and amenities. Scheduled offers include: - **\*\*Weightlifting equipment\*\***: From free weights to machines, members have everything they need to build muscle. - **\*\*Cardio options\*\***: Treadmills, ellipticals, and more cater to cardiovascular fitness. - **\*\*Sauna\*\***: After a workout, members can unwind and relax in the sauna, providing additional health benefits. While membership is required for access, many users appreciate the well-maintained facilities and the dedication of the staff in maintaining a clean environment.

## **Member Experiences**

The feedback from current and past members suggests that experiences at APEX can vary. Some note the friendly atmosphere, especially during early morning workouts when a community feel is established. "Love the atmosphere here," one member shared, highlighting the supportive group. Conversely, there have been concerns regarding management and staff professionalism. Instances of unresponsive employees and miscommunication about appointments have surfaced, indicating that improvements could be made in customer service.

## **Facilities and Environment**

The layout of the gym, featuring both upstairs and downstairs areas, allows members to focus on their workout preferences. The space is described as clean and well-equipped, contributing to a non-judgmental environment appreciated by users. However, some members have voiced frustrations over inconsistent front desk availability, which can hinder access to certain amenities like the sauna or tanning booths.

## **Conclusion**

While APEX Health & Wellness presents itself as a comprehensive fitness center with numerous offerings, the overall experience may depend on individual interactions with staff and management. Those seeking a gym that accommodates various needs, including accessibility features, will find a lot to enjoy. With its 24-hour access and extensive range of equipment, APEX remains a valuable asset to the local community for health and wellness enthusiasts.

**Our establishment is located at**

8656 Delamater Rd Suite G, 14006 Angola, New York - United States (US)

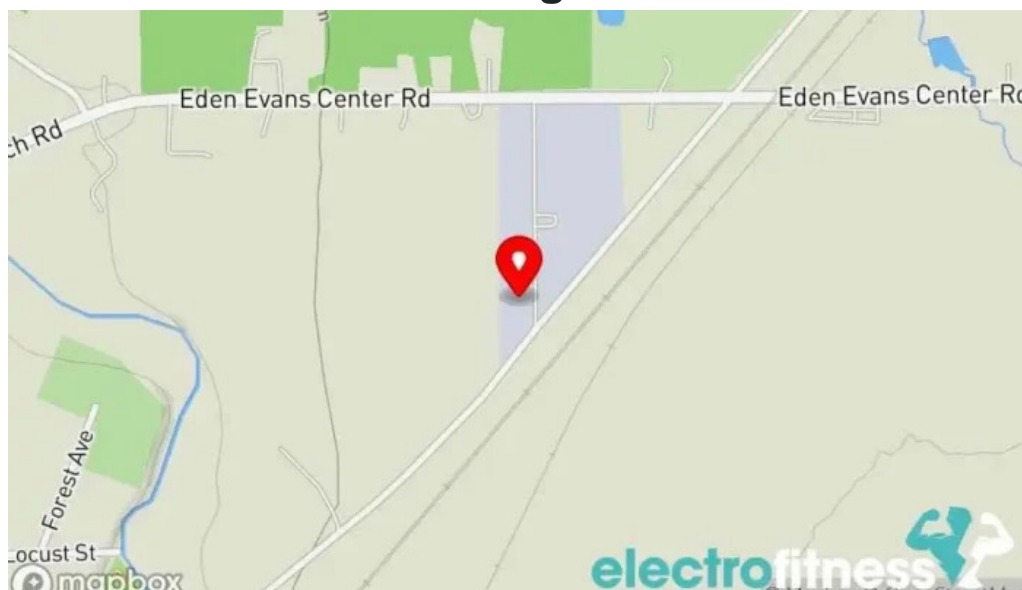
The contact line of said **Gym** is +1716-549-0151

And if you want to send a WhatsApp, you can do so at +1716-549-0151

The website is APEX Health & Wellness

If you require to adjust any data that you feel is incorrect regarding this web, please send us a message so that we will correct it as soon as possible. Thanks beforehand thanks for your cooperation.

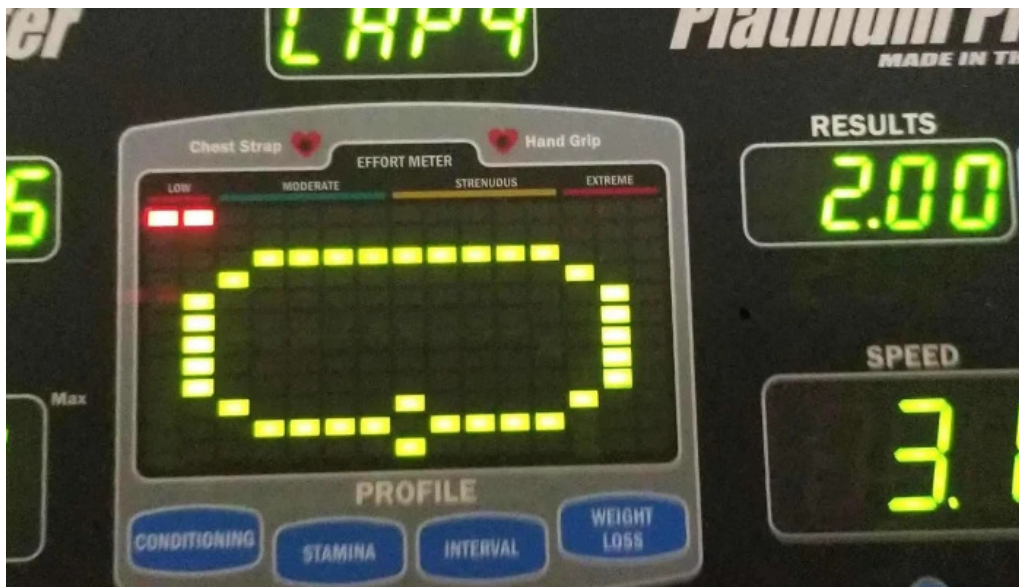
## Images



*Apex health wellness map*



*Apex health wellness gym*



*Apex health wellness angola*



*Apex health wellness all*

## Tags

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

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## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp

boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community college
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
equestrian facility
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler

food producer
foot care
fountain
gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
hypnotherapy service
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa

meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shoe store
shooting range
shopping mall
soccer club



social club
software company
spa
spa and health club
specialized clinic
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
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water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization