

## Crossfit Ankeny - Ankeny

ankeny

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## Crossfit Ankeny - Ankeny

### Discover CrossFit Ankeny: Your Fitness Destination in Ankeny, Iowa

If you are planning to get fit and join a vibrant community, **\*\*CrossFit Ankeny\*\*** is the place for you. Located in the heart of Ankeny, Iowa, this gym offers an inclusive atmosphere where everyone can thrive, regardless of their fitness background.

### Accessibility and Inclusivity

One of the standout features of **\*\*CrossFit Ankeny\*\*** is its commitment to accessibility. The gym provides a **\*\*wheelchair-accessible car park\*\*** and a

**\*\*wheelchair-accessible entrance\*\***, making it easier for all individuals to participate in fitness activities. This thoughtful approach ensures that everyone, regardless of physical ability, can enjoy the benefits of CrossFit.

## **Membership Details and Community Support**

To join this amazing community, a **\*\*membership is required\*\***; however, the environment is welcoming to newcomers and experienced athletes alike. Many members express how supportive the coaching staff is, highlighting how the trainers, like Sam and Andy, pour their hearts into helping individuals maximize their fitness journeys.

## **Top-Notch Equipment and Programming**

Members have access to the latest workout equipment, including rowers, ski ergs, and rogue bikes. The gym prides itself on having ample wall and rig space, ensuring that workouts remain engaging and varied. With programming sourced from **\*\*StreamFit\*\***, every session is designed to challenge members while allowing for modifications based on individual needs.

## **A Community Like No Other**

What sets **\*\*CrossFit Ankeny\*\*** apart is its strong sense of community. Members often highlight the family-like atmosphere, where people of all skill levels are encouraged to join in. Whether you are a beginner or an experienced CrossFitter, you will find a supportive environment that fosters growth and camaraderie.

## **Why Choose CrossFit Ankeny?**

- **\*\*Supportive Coaches\*\***: Knowledgeable and friendly staff focus on guiding you through your fitness journey. - **\*\*Adaptable Workouts\*\***: All workouts can be scaled to meet your personal fitness level, making it accessible for everyone. - **\*\*Inspiring Community\*\***: Build lasting friendships and support networks among fellow members who share similar goals. Experience the difference at **\*\*CrossFit Ankeny\*\***. For anyone looking to start their fitness journey or take it to the next level, this gym offers everything you need to succeed. Come for the fitness, and stay for the community!

## **Our premises are located at**

110 N Ankeny Blvd Suite 800, 50023 Ankeny, Iowa - United States (US)

The contact phone of the mentioned **Gym** is +1515-207-5247

And if you want to send a WhatsApp, you can do so at +1515-207-5247

## We are open during the following hours:

Day Hours  
Monday

8–10?AM

Tuesday

Closed

Wednesday

5?AM–6?PM

Thursday

5?AM–6?PM

Friday

5?AM–6?PM

Saturday

5?AM–6?PM

Sunday

5?AM–6?PM

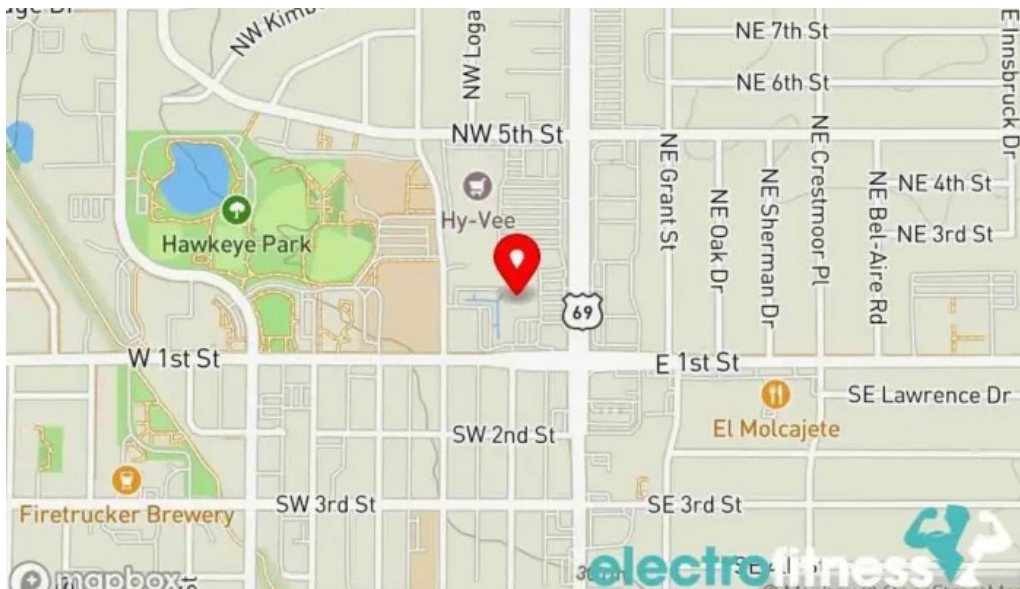
The website is [Crossfit Ankeny](#)

If you wish to update any information that you feel is incorrect concerning this site, we urge you to send a message so we can we will fix it quickly. In advance thank you very much.

## Images



*Crossfit ankeny street view 360deg*



*Crossfit ankeny map*



*Crossfit ankeny gym*





*Crossfit ankeny by owner*



*Crossfit ankeny ankeny*



Crossfit ankeny all

## Tags

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

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## Categories

academic department
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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
training centre
truck stop
university
vitamin & supplements store
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