

Ensley Health Club - Birmingham

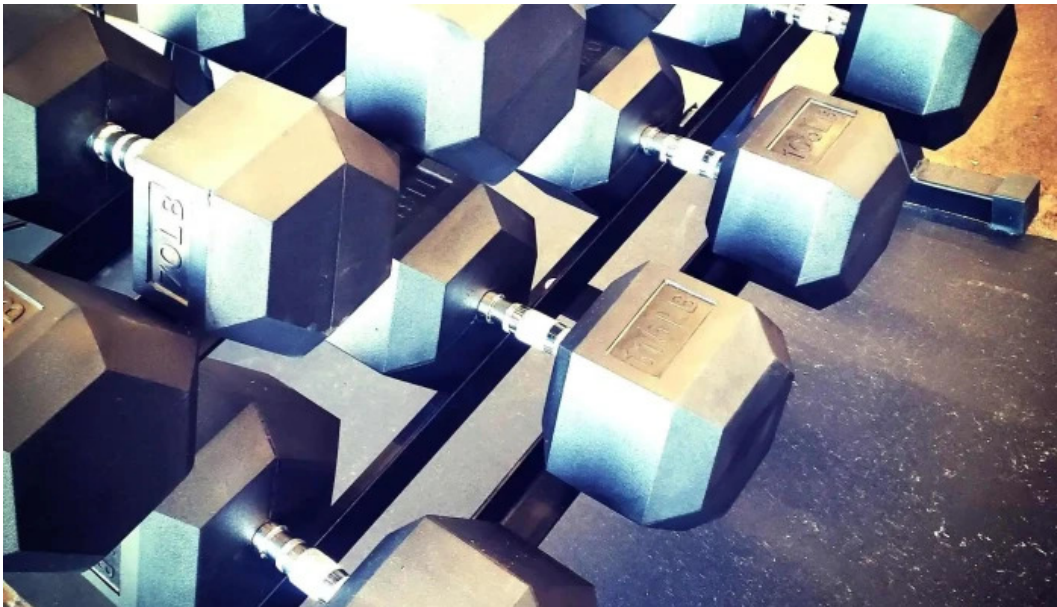
birmingham

☐ I'm not a robot



Published on: 17/04/25	Hits: 420
Comments: 0	See comments
Votes: 42	Score: 4.9

https://www.electrofitness.com/gym/birmingham/ensley-health-club-birmingham_214273.php



birmingham

Ensley Health Club - Birmingham

Welcome to Ensley Health Club: Your Ultimate Fitness Destination in Birmingham, Alabama

If you are looking for a top-notch gym experience in Birmingham, Alabama, ****Ensley Health Club**** stands out as an exceptional choice. With a variety of equipment and a welcoming environment, this facility is perfect for everyone from beginners to seasoned athletes.

Membership Required

To enjoy all that Ensley Health Club has to offer, a ****membership is required****.

This membership grants you access to a clean and spacious facility equipped with a plethora of options for your workout needs. Visitors rave about the wide selection of weights and machines available, especially for heavy lifting and leg workouts.

Accessibility Features

Ensley Health Club is committed to ensuring that everyone can enjoy their fitness journey. The gym features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, making it easier for individuals with mobility challenges to access the facility. Their focus on ****accessibility**** ensures a welcoming atmosphere for all members.

Exceptional Equipment Selection

With plenty of plates, dumbbells, and various machines, Ensley Health Club caters to a wide array of fitness enthusiasts. Although some reviews mention a need for additional cable machines for exercises like triceps and lats, the gym compensates with an impressive calisthenics and cardio room. Members can enjoy using sleds, battle ropes, climbing ropes, rings, and a heavy punching bag among other equipment options.

Cleanliness and Service

One of the standout features of Ensley Health Club is its cleanliness. Multiple visitors have noted how tidy the facility is, which contributes to a pleasant workout experience. The staff members are described as extremely nice, helpful, and knowledgeable, creating a supportive and friendly environment for all guests.

Trainers That Inspire

For those looking for personalized guidance, you can find excellent trainers at Ensley Health Club. Bobby, in particular, has received numerous commendations for his expertise and approachability. Whether you're seeking advice on workout techniques or nutrition, the trainers are always eager to assist and inspire your fitness journey.

Conclusion

Whether you're a local resident or visiting from out of town, Ensley Health Club offers a comprehensive gym experience that caters to all your fitness needs. Their focus on ****accessibility****, cleanliness, and high-quality equipment makes it a top choice in Birmingham, Alabama. Don't miss the opportunity to experience great workouts and a supportive community at this fantastic facility!

The business is situated at

2000 Avenue D, 35218 Birmingham, Alabama - United States (US)

The phone of the respective **Gym** is +1205-202-6808

And if you want to send a WhatsApp, you can do so at +1205-202-6808

Our opening hours are:

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–7?PM
Wednesday	8?AM–1?PM
Thursday	Closed
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is Ensley Health Club

If you require to modify any data that you feel is not precise regarding this site, we urge you to send a message so that we will correct it at the earliest convenience. With anticipation thanks for your cooperation.

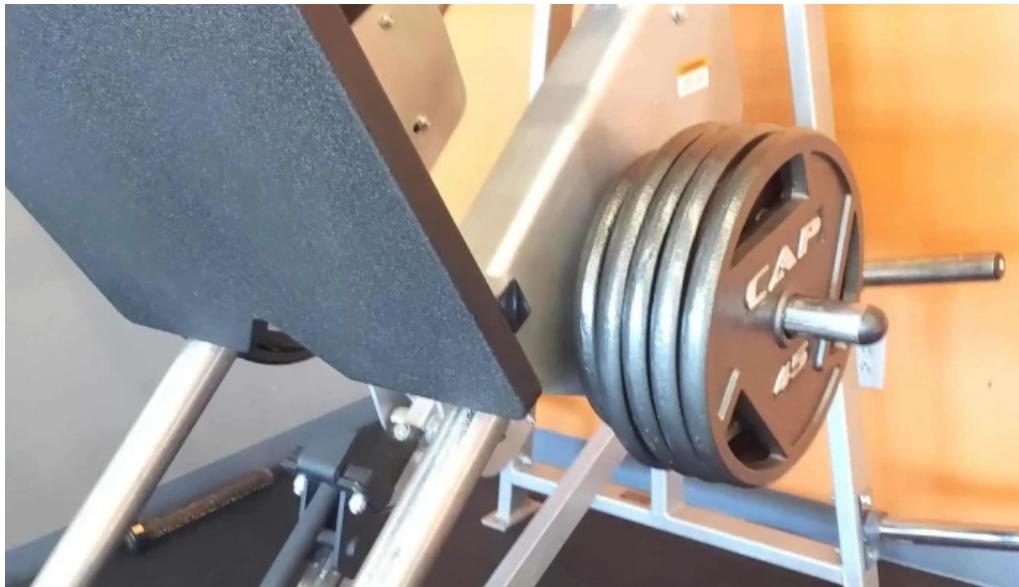
Images



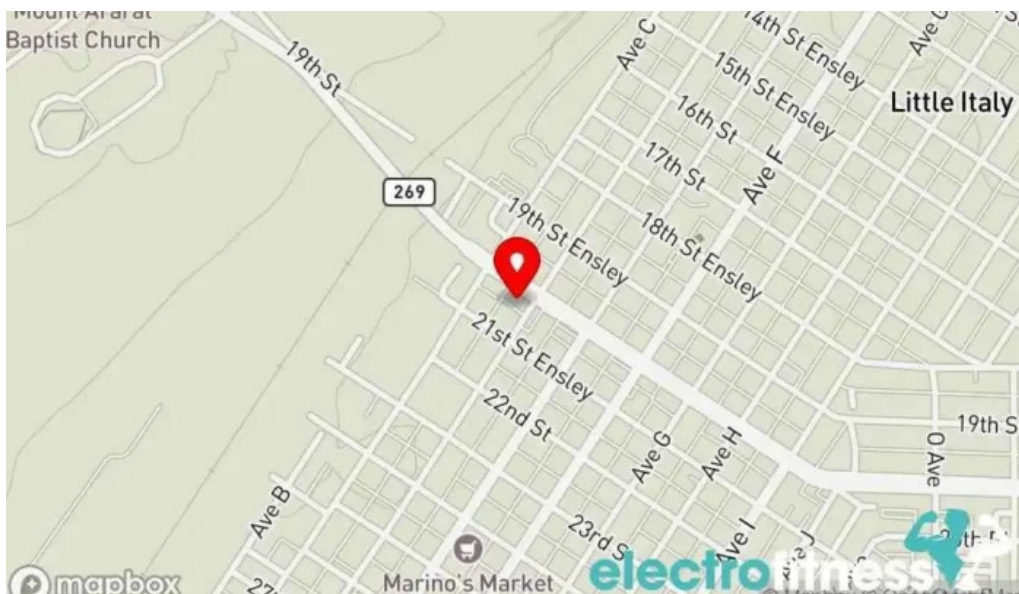
Ensley health club videos



Ensley health club street view 360deg



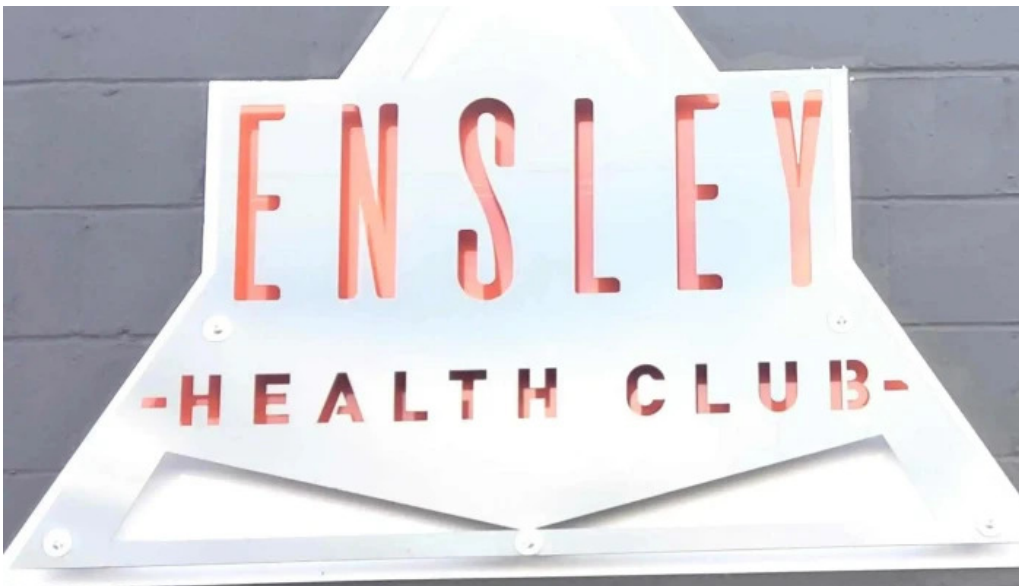
Ensley health club reviews



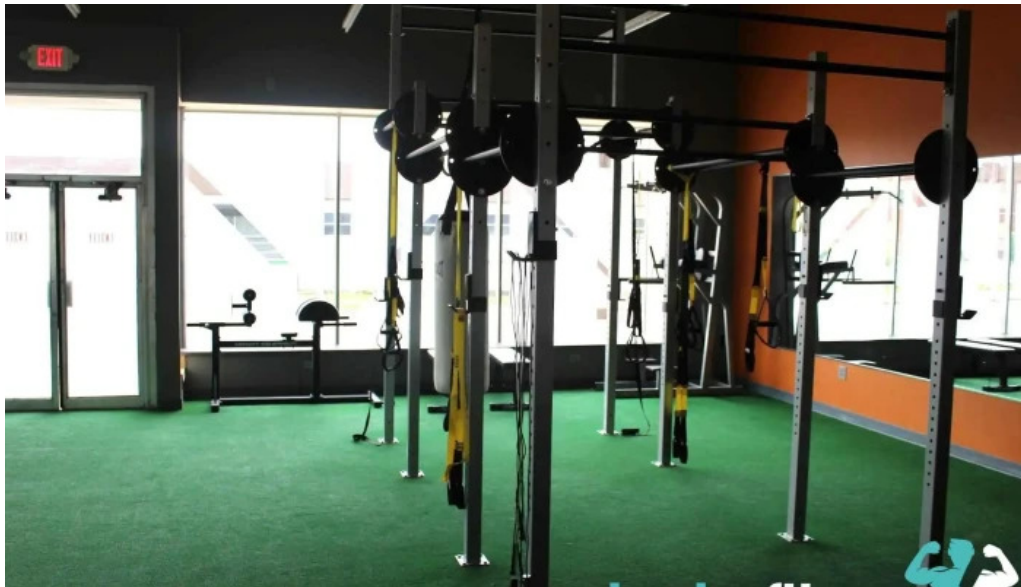
Ensley health club map



Ensley health club how to get there



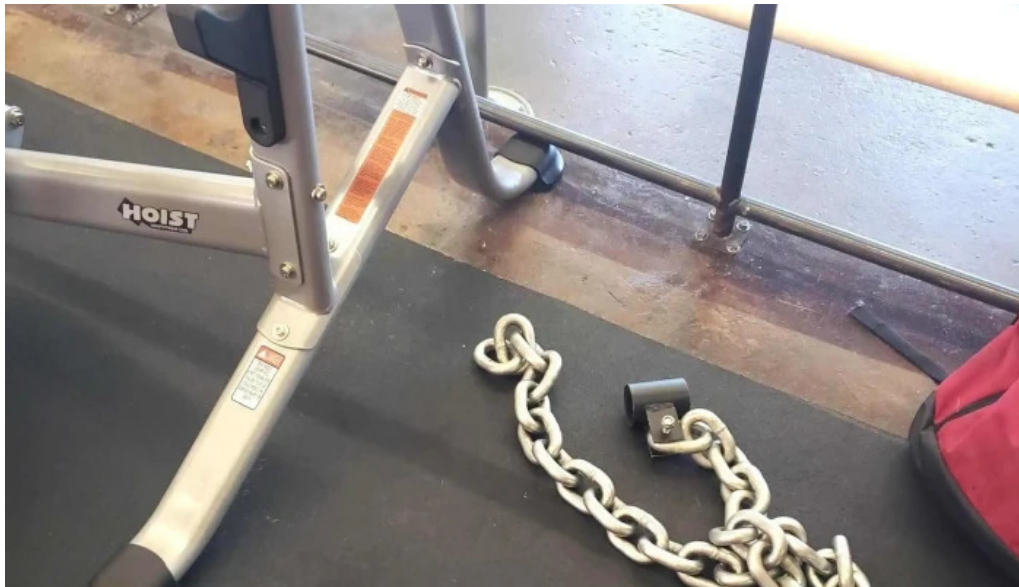
Ensley health club gym



Ensley health club by owner



Ensley health club birmingham



Ensley health club area



Ensley health club all

Tags

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

Related content

4.7 * *Hendrick Health Club - Abilene*

4.7 * *Dynamic Health Club Inc - New Iberia*

4.5 * *Bayou Bend Golf & Health Club - Crowley*

3.8 * *Westford Regency Health Club - Westford*

4.5 *	<i>Hendrick Health Club South - Abilene</i>
4.5 *	<i>The Thoreau Club - Concord</i>
4.7 *	<i>Red Lerille's Health & Racquet Club - Lafayette</i>
4.5 *	<i>Falmouth Sports Center Health Club - Falmouth</i>
5.0 *	<i>Koko Fit Club - North Attleborough</i>
4.3 *	<i>Club Studio - Walnut Creek</i>

Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club

golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range

shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization