

## The Lodge Strength Training & Conditioning - Bloomsburg

bloomsburg

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## *The Lodge Strength Training & Conditioning - Bloomsburg*

### **The Lodge Strength Training & Conditioning: Your Go-To Gym in Bloomsburg, Pennsylvania**

If you're searching for a gym that embodies community, support, and expertise, look no further than **\*\*The Lodge Strength Training & Conditioning\*\*** in Bloomsburg, Pennsylvania. This fantastic facility offers a range of features and experiences that cater to everyone, ensuring you feel right at home while pursuing your fitness goals.

## **Accessibility Features**

At The Lodge, inclusivity is a top priority. The facility boasts a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, allowing all members of the community to join in on the fitness journey. The attention to accessibility reflects their commitment to creating an environment where everyone can thrive.

## **Membership Requirements**

While planning your visit to The Lodge, it's essential to note that a **\*\*membership is required\*\*** to take full advantage of the gym's offerings. This commitment encourages consistency and accountability, helping you to achieve your fitness aspirations while building lasting relationships with fellow members.

## **A Welcoming Atmosphere**

Members rave about the friendly and welcoming staff who make every visitor feel at home. Many patrons describe The Lodge as a great crossfit box, where they find companionship and motivation from like-minded individuals. The supportive environment not only makes workouts enjoyable but also fosters a sense of belonging among gym-goers.

## **Expert Coaching**

One standout feature of The Lodge is its knowledgeable coaching staff. Jake, the owner and head coach, has a profound understanding of the human body and how to push members to their limits without being overbearing. His expertise in nutrition and fitness ensures that workouts are both challenging and effective. The coaches focus on improving technique and form, making sure that members get the most out of each session.

## **Diverse Workouts**

Boredom is never an issue at The Lodge. Members appreciate the variety in workouts, which keeps them engaged and energized. Whether you're looking for high-intensity training or a more focused strength session, the workouts are designed to be both enjoyable and effective, leaving attendees feeling accomplished after every visit.

## **Join the Community**

For anyone serious about their fitness journey, The Lodge Strength Training & Conditioning is an unbeatable choice. With a commitment to inclusivity and support, members find themselves motivated by both staff and peers. After six months of regular attendance, many describe their experience as life-changing, making progress alongside others striving to be their best selves. In conclusion, if you're in Bloomsburg, Pennsylvania, and looking for a gym that offers expert guidance, a welcoming atmosphere, and accessible features, The Lodge

Strength Training & Conditioning should be at the top of your list. Plan your visit today and discover a community that will help you achieve your fitness goals!

**We are positioned at**

243 Columbia Mall Dr, 17815 Bloomsburg, Pennsylvania - United States (US)

The phone number of the respective **Gym** is +1570-520-0860

And if you want to send a WhatsApp, you can do so at +1570-520-0860

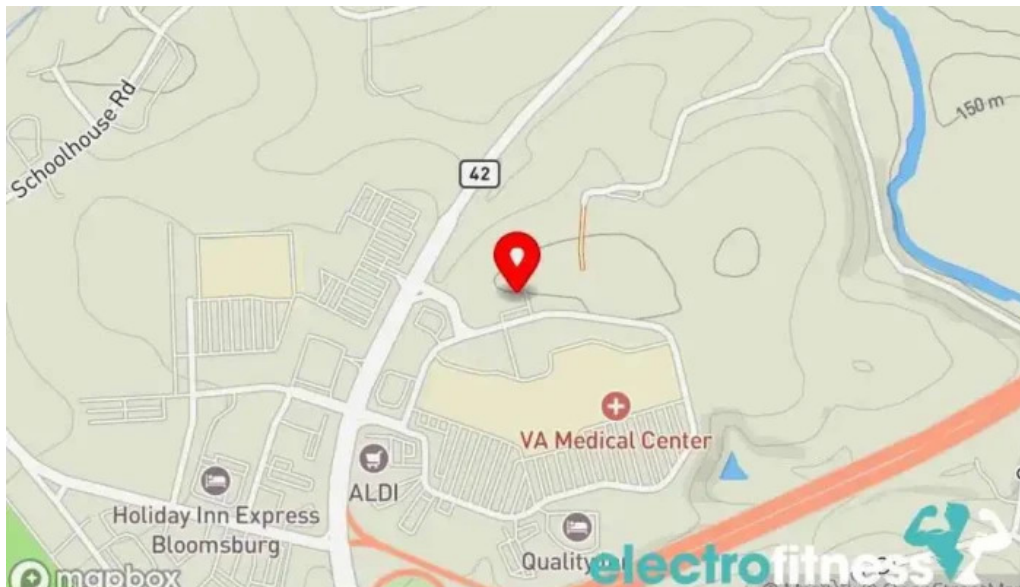
**We look forward to seeing you at:**

Day	Hours
Monday	5?AM–5?PM
Tuesday	6:30–10?AM
Wednesday	9–10?AM
Thursday	5?AM–6?PM
Friday	5?AM–6?PM
Saturday	5?AM–6?PM
Sunday	5?AM–6?PM

The website is The Lodge Strength Training & Conditioning

In case you want to change any information that you believe is not precise related to this page, we urge you to forward a message so we can we will adjust it quickly. In advance thank you very much.

## Images



*The lodge strength training conditioning map*



*The lodge strength training conditioning gym*





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## Tags

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

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basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
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community center
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coworking space
cultural center
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dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution

elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
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gymnastics club
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health food store
health spa
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store



muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic

sports nutrition store
sports school
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supermarket
swimming facility
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swimming school
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