

Gowen Field Gym - Boise

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Welcome to Gowen Field Gym: A Comprehensive Overview

Gowen Field Gym, located in Boise, Idaho, is a well-regarded fitness facility that offers a variety of workout options for its users. While it primarily serves active and retired military personnel, the gym emphasizes ****accessibility**** and functionality for those who can enter.

Accessibility Features

One of the notable aspects of Gowen Field Gym is its ****wheelchair-accessible entrance****. This ensures that all individuals, regardless of mobility challenges,

can enjoy the gym facilities. The ****wheelchair-accessible car park**** also supports this commitment to inclusivity, making it easier for those with disabilities to access the gym.

Facility Overview

The gym is recognized for being clean and tidy, as many users appreciate the ****well-maintained locker rooms**** and exercise equipment. Commenters have mentioned that it is a great place to work out consistently, fulfilling various fitness needs from cardio to heavy weights. Although it may not be the fanciest gym, it has everything necessary for effective workouts.

Equipment and Space

Gowen Field Gym is fully equipped with free weights, machines, and a cardio section. Users have noted an extensive range of equipment available, including squat racks and benches, which cater to a wide spectrum of workouts. There is even a turf space with climbing ropes, making it versatile for strength and functional training. However, some users have pointed out certain limitations, like the number of squat racks and bench presses, which can lead to waiting times during peak hours. Additionally, there have been reports about broken cardio machines, emphasizing the need for routine maintenance. Despite these issues, many have expressed that the gym manages to get the job done.

Community Vibe and Improvements

Feedback about Gowen Field Gym highlights its positive atmosphere. Users describe it as having an "amazing vibe," and many appreciate the improvements made by the MWR (Morale, Welfare, and Recreation), particularly after recent renovations. Comments reflect enthusiasm for the clean environment and the adequacy of equipment available.

Conclusion

Overall, Gowen Field Gym provides a viable option for veterans and service members looking for a quality workout experience. With its commitment to accessibility and sufficient equipment, it stands out as a community-focused gym in Boise. As renovations continue to enhance the facility, it remains a favorite among locals striving for their fitness goals.

We are positioned at

4484 W Ellsworth St bldg 720, 83705 Boise, Idaho - United States (US)

The contact phone of said **Gym** is +1208-272-4451

And if you want to send a WhatsApp, you can do so at +1208-272-4451

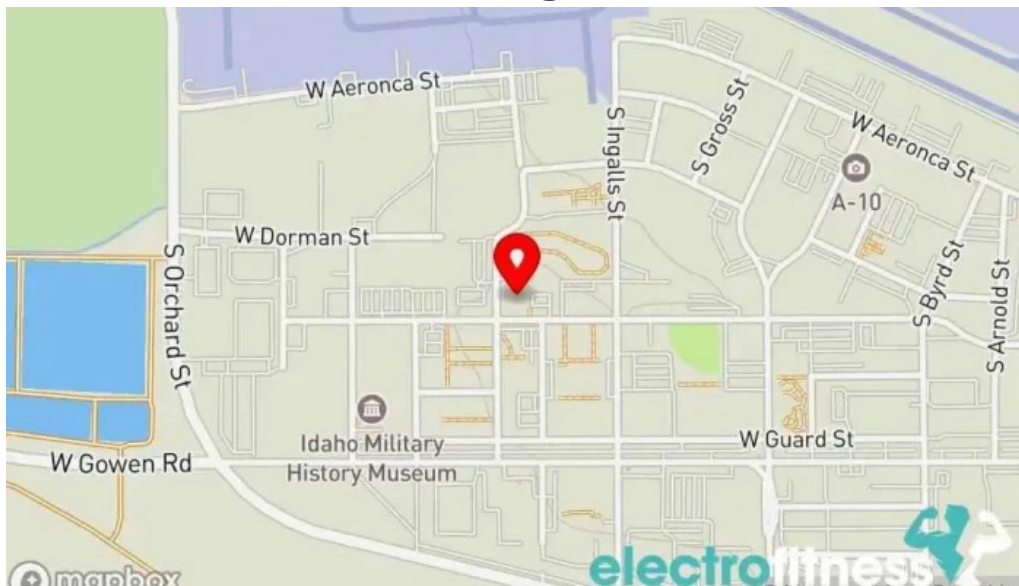
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The website is [Gowen Field Gym](#)

If necessary to update any element that you believe is not accurate regarding this portal, we kindly request send us a message so that we will correct it at the earliest convenience. In advance thanks.

Images



Gowen field gym map



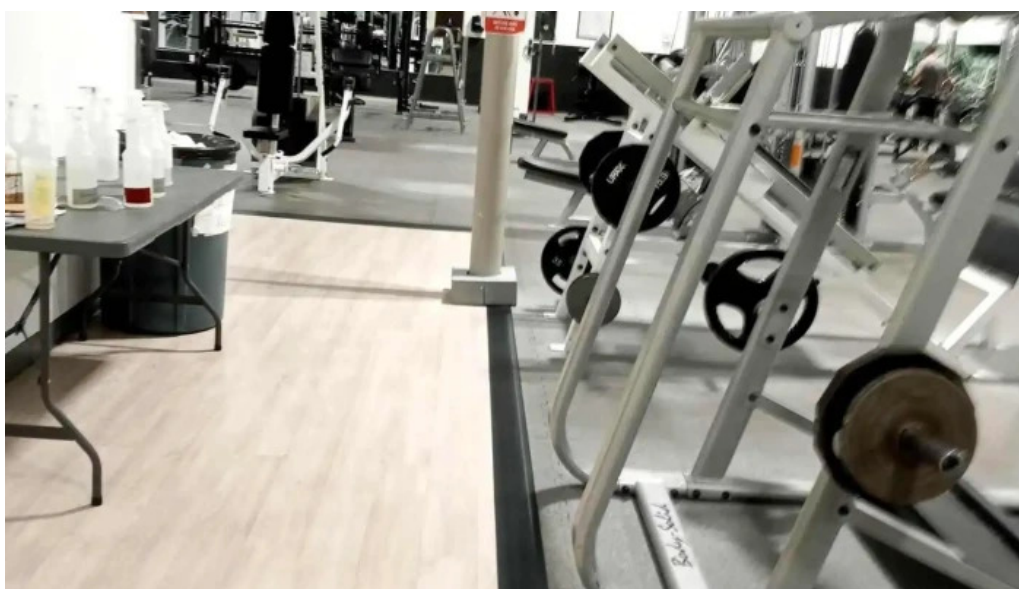
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