

24 Hour Fitness - Elk Grove

elk grove



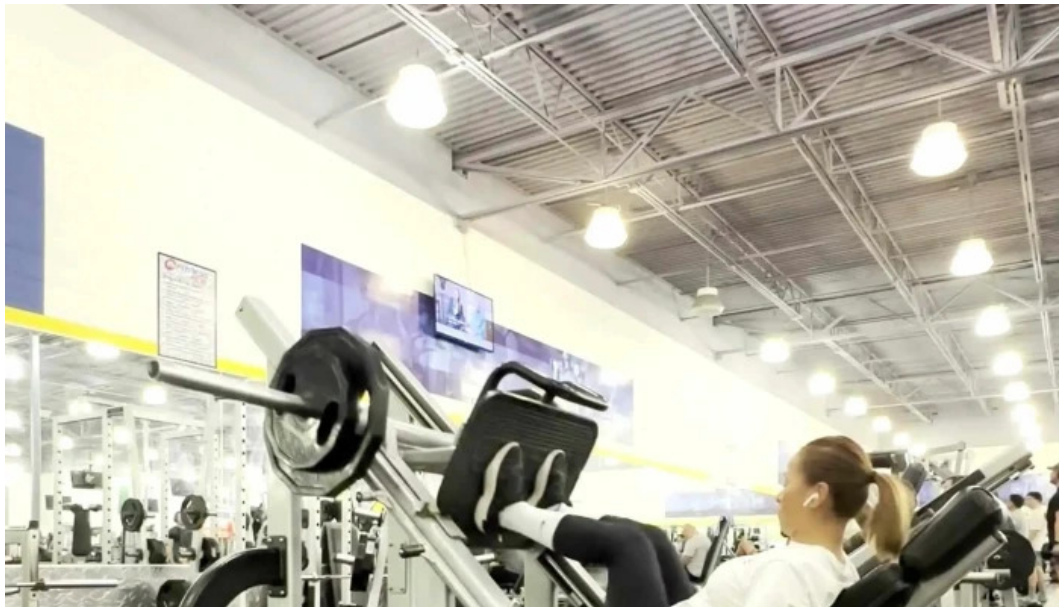
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elk grove

24 Hour Fitness - Elk Grove

Explore 24 Hour Fitness in Elk Grove, California

Welcome to **24 Hour Fitness** located in Elk Grove, California! This gym is designed to cater to fitness enthusiasts of all levels, offering a variety of services and amenities. Let's dive into what makes this location stand out.

Accessibility and Services

This gym features a **wheelchair-accessible entrance**, making it easy for

everyone to access the facilities. Additionally, there is a **wheelchair-accessible car park** available for your convenience. Members can enjoy various **service options** tailored to individual fitness needs, ensuring that everyone feels welcomed and included.

Amenities Offered

The Elk Grove location provides plenty of **amenities** such as free weights, cardio machines, and a swimming pool for those looking to mix their workouts with some leisure time. However, members have noticed the absence of facilities like a sauna or steam room, which some feel could enhance their experience.

Membership Perks

A **membership is required** to access the gym, but the benefits are plentiful. From group classes like Zumba led by passionate instructors to personalized training sessions, you're sure to find something that fits your workout routine. As one member noted, "Mary's Zumba class is always a pleasure," highlighting the community vibe here.

On-site Services and Scheduling

The staff at 24 Hour Fitness Elk Grove is known for their friendliness and helpfulness. General Manager Malik and team are ready to assist you with any queries about **on-site services**. The gym operates at hours that may not align perfectly with the "24-hour" promise, as recent reviews suggest early closures can be common. It's essential to check the current operating hours before planning your visit.

Planning Your Visit

With a large parking lot, finding a spot is generally not an issue; however, peak times can make parking challenging. Many members mention the positive atmosphere created by fellow gym-goers, which helps keep motivation high, especially during late-night sessions. Regular visits help create a routine, as one member expressed after returning to exercise post-pregnancy.

Wi-Fi and Connectivity

Lastly, 24 Hour Fitness offers complimentary **Wi-Fi** throughout the gym, making it easier for members to stay connected while working out, share their fitness journeys on social media, or follow workout routines online.

Conclusion

Whether you're looking to break a sweat, join a supportive community, or participate in energizing classes, 24 Hour Fitness in Elk Grove is worth exploring. With multiple **amenities** and a welcoming atmosphere, it caters to a diverse clientele, making it more than just a place to work out but a space to grow in your fitness journey.

You can find us at

8461 Elk Grove Florin Rd, 95624 Elk Grove, California - United States (US)

The phone of this **Gym** is +1916-681-2424

And if you want to send a WhatsApp, you can do so at +1916-681-2424

Our service hours are:

Day Hours
Monday
6?AM–8?PM
Tuesday
6?AM–8?PM
Wednesday
5?AM–11?PM
Thursday
5?AM–11?PM
Friday
5?AM–11?PM
Saturday
5?AM–11?PM
Sunday
5?AM–10?PM

The website is 24 Hour Fitness

If necessary to update any data that you believe is not correct about this page, we kindly request deliver a message so we can we will correct it as soon as possible. In advance thanks for your cooperation.

Images



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24 hour fitness videos



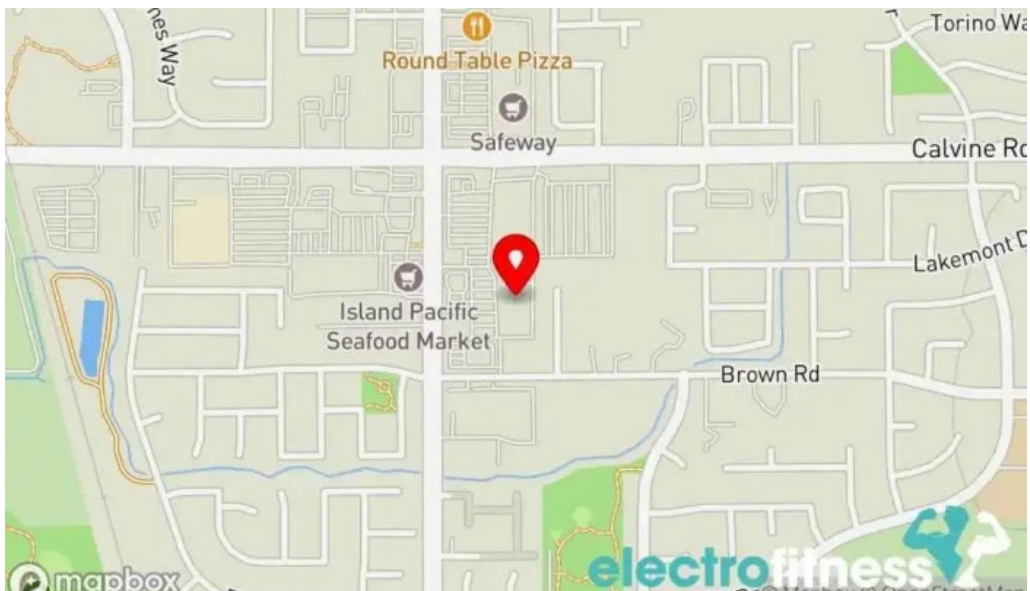
24 hour fitness street view 360deg



24 hour fitness schedule



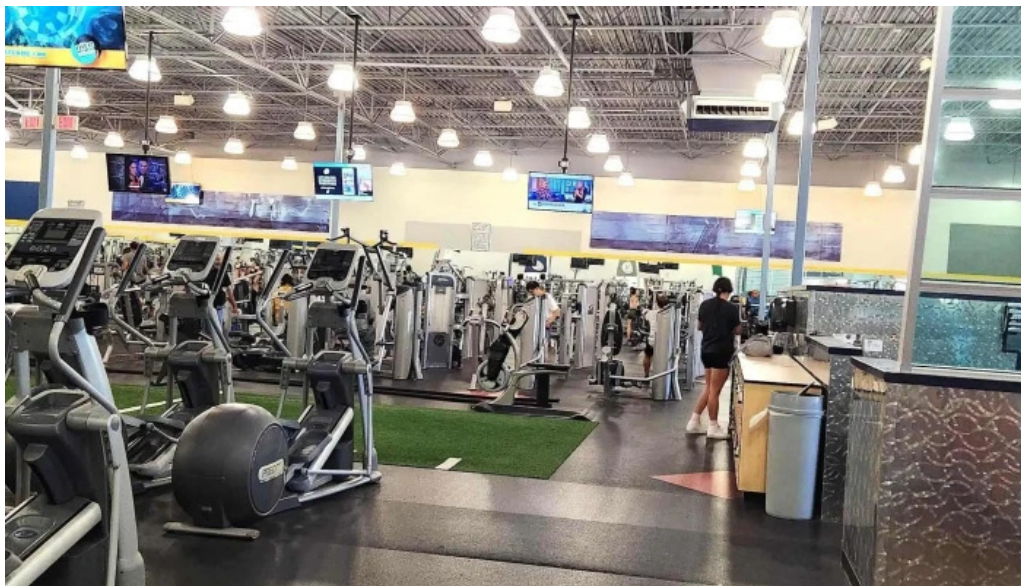
24 hour fitness reviews



24 hour fitness map



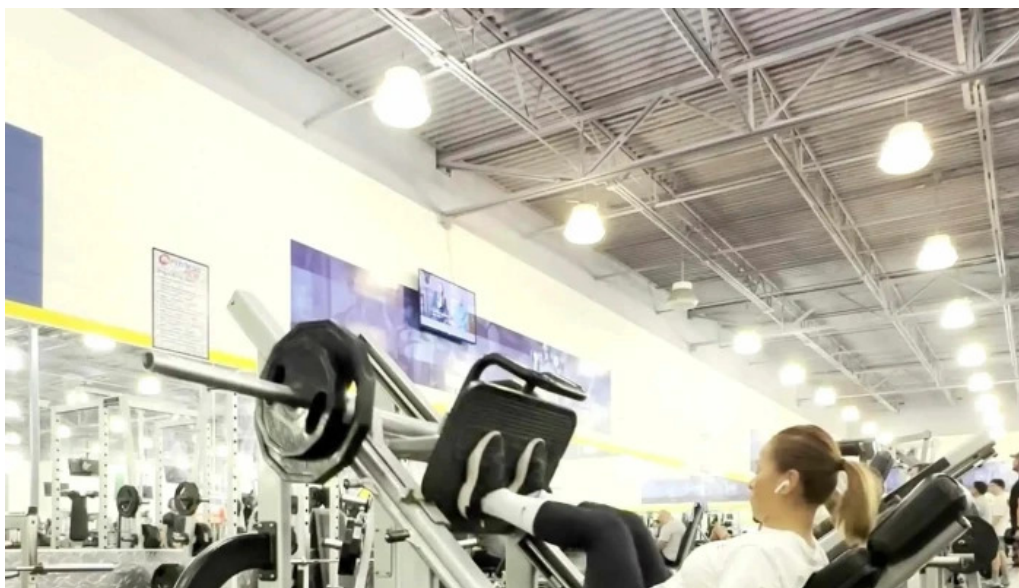
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24 hour fitness how to get there



24 hour fitness gym



24 hour fitness elk grove



24 hour fitness by owner



24 hour fitness area



24 hour fitness all

Tags

Service options, Planning, On-site services, Membership required, Wheelchair-accessible entrance, Wheelchair-accessible car park, Amenities, Wi-Fi, Swimming pool, Accessibility

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dance club
dance company

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