

## ClubHouse Fitness - Grass Valley

grass valley



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## ClubHouse Fitness - Grass Valley

### Discover ClubHouse Fitness in Grass Valley, California

If you are looking for a gym that combines accessibility, excellent facilities, and a welcoming environment, look no further than **\*\*ClubHouse Fitness\*\*** located in the scenic Alta Sierra neighborhood of Grass Valley, California.

### Membership Required

At ClubHouse Fitness, a membership is required to access their impressive range of equipment and classes. Members benefit from a community-oriented atmosphere that promotes health and wellness. With a variety of amenities and

fitness options available, joining this gym is an investment in your overall well-being.

## **Accessibility Features**

One of the standout features of ClubHouse Fitness is its commitment to **accessibility**. The gym boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, making it a comfortable and accommodating space for all individuals. This focus on accessibility ensures that everyone can experience the joys of fitness without barriers.

## **A Beautiful Location with Scenic Views**

Located overlooking the stunning Alta Sierra golf course, members are treated to breathtaking views while working out. The outdoor deck allows for unique fitness experiences, such as using rowing machines and bikes surrounded by trees—a perfect way to enjoy nature while exercising.

## **Comprehensive Equipment and Classes**

ClubHouse Fitness is well-equipped with all the necessary gym equipment you could need. Whether you're a fan of cardio, strength training, or group classes like **Yoga**, **Tai Chi**, or **Zumba**, there's something for everyone. The gym's layout includes multiple treadmills, elliptical trainers, and free weights, allowing ample choices for members at all fitness levels.

## **An Inclusive and Friendly Community**

According to numerous reviews, the community feel at ClubHouse Fitness is truly special. Many members appreciate the friendly owner, Denise Ray, noting that she takes pride in her gym and its members. The atmosphere is compared to a family gathering rather than a typical commercial gym, which can often feel intimidating.

## **Personal Trainer Support**

For those seeking additional motivation, the gym offers professional personal training services. Trainers like Coleman Welch have been praised for their dedication and expertise. Members report significant results and lifestyle changes after working with him, showcasing the supportive nature of the gym's training programs.

## **Clean and Inviting Environment**

Members consistently rave about the cleanliness of ClubHouse Fitness. With regular maintenance and attention to detail, the gym sets a high standard for cleanliness and organization, enhancing the overall workout experience.

## **Conclusion**

With reasonable membership dues and a variety of classes included, ClubHouse Fitness stands out as an exceptional choice for anyone in Grass

Valley. Its focus on accessibility, community, and cleanliness makes it a perfect venue for pursuing fitness goals. Whether you're just starting your journey or looking for a new gym to call home, ClubHouse Fitness is a fantastic option worth exploring.

**Our address is**

11882 Tammy Way, 95949 Grass Valley, California - United States (US)

The contact line of this **Gym** is +1530-446-1221

And if you want to send a WhatsApp, you can do so at +1530-446-1221

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

Day	Hours
Monday	4?AM–9?PM
Tuesday	4?AM–9?PM
Wednesday	4?AM–9?PM
Thursday	4?AM–9?PM
Friday	4?AM–9?PM
Saturday	4?AM–9?PM
Sunday	4?AM–9?PM

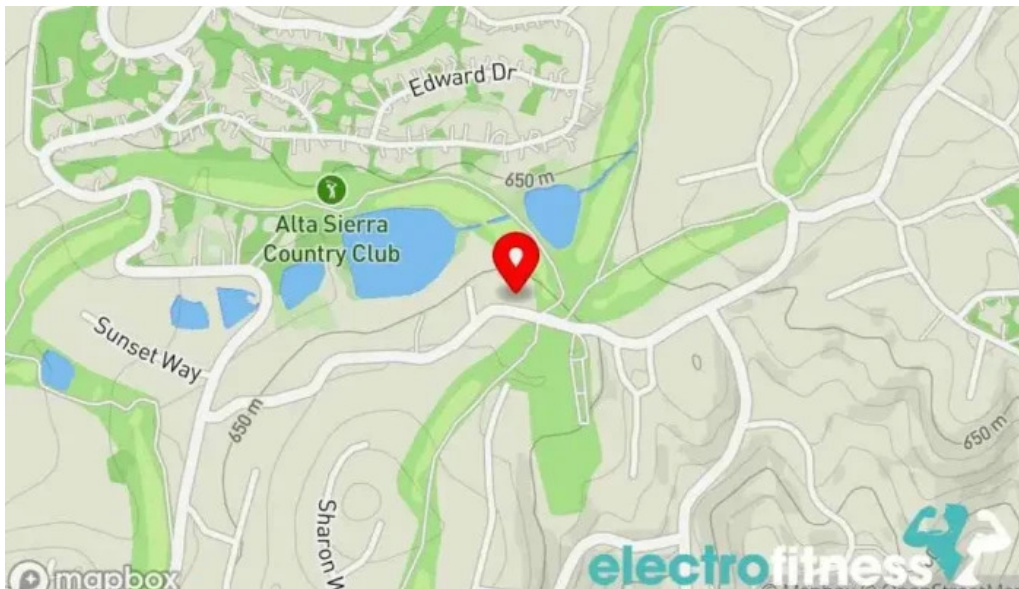
The website is ClubHouse Fitness

If you wish to alter any information that you consider is not precise regarding this site, please send a message so we can we will fix it at the earliest convenience. In advance thank you very much.

## Images



*Clubhouse fitness street view 360deg*

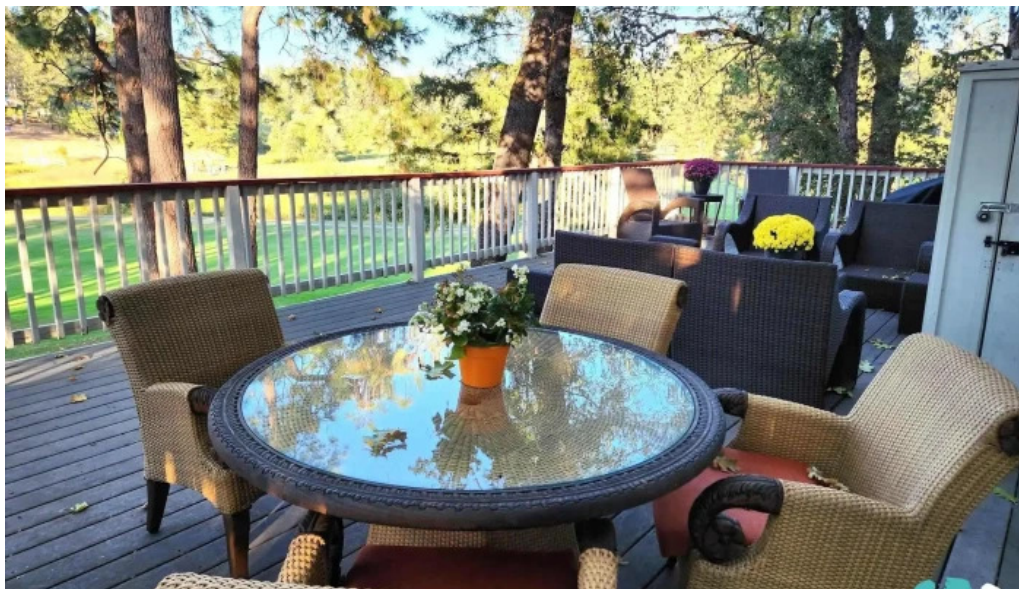


*Clubhouse fitness map*





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## Tags

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

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basketball club
basketball court
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boxing gym
boxing ring
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chiropractor
church
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coffee shop
college
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corporate office
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coworking space
cultural center
dance club
dance company
dance school
day spa
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elementary school
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fitness
fitness center
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grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
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health consultant
health food restaurant
health food store
health spa
hiking area
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hotel
indoor cycling
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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 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 library
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
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sports medicine clinic
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