

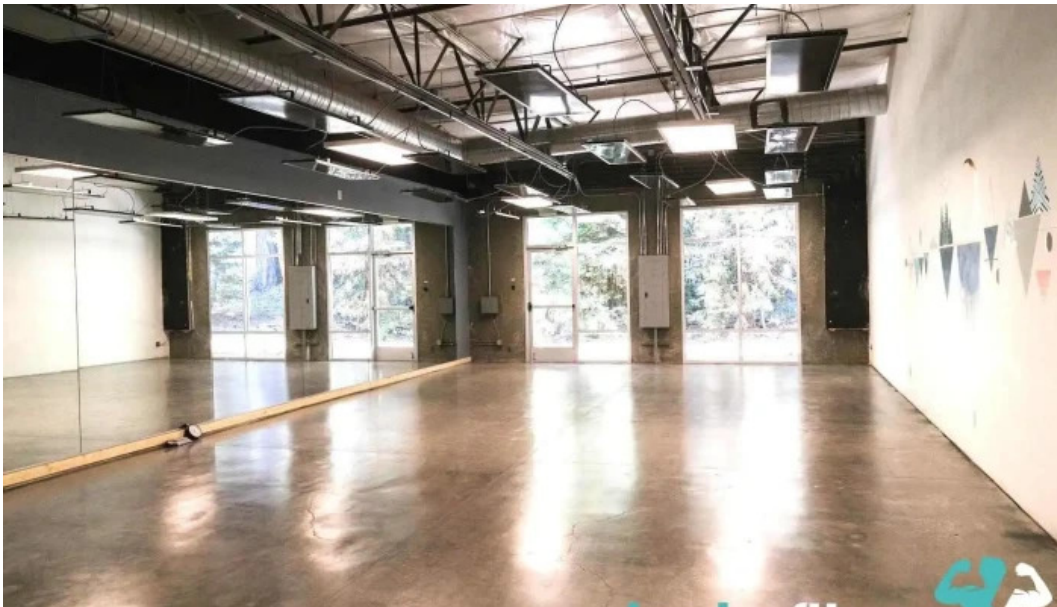
## Sweat Nevada County - Grass Valley

grass valley

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*grass valley*

## *Sweat Nevada County - Grass Valley*

### Discovering Gym Sweat in Nevada County

If you're looking for an inclusive and supportive fitness environment, **Gym Sweat** in Grass Valley, California, is a destination worth exploring. This gym stands out not only for its diverse range of classes but also for the welcoming community it fosters.

### Accessibility Matters

One of the most commendable features of Gym Sweat is its commitment to accessibility. The gym boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can enjoy their fitness journey without barriers. Whether you're new to working out or a seasoned athlete, Gym Sweat makes sure that all individuals feel comfortable and included.

## A Warm Welcome Awaits

The positive experiences shared by Gym Sweat members highlight the warm atmosphere cultivated by the owner and instructors. Many have noted how **welcome and kind** the community feels, making it easy for newcomers to overcome any initial hesitations. As one member put it, "I quickly overcame the feeling of being new and felt right at home due to the vibe." This sense of belonging is integral to sustaining motivation and enhancing personal growth.

## Variety of Classes

Gym Sweat offers an impressive variety of classes tailored to meet different fitness levels and preferences. From **hot yoga** and **hot Pilates** to energizing sculpt classes, there's something for everyone. Members have expressed their appreciation for the **knowledgeable instructors** who excel at reading the room and modifying class intensity as needed. This adaptation ensures that everyone, regardless of their fitness level, can participate and thrive.

## Community Spirit

The sense of community at Gym Sweat is palpable. Members describe it as a "real community of go-getters" who support one another in their fitness journeys. With opportunities to socialize in common areas where kids and pets are welcome, Gym Sweat successfully creates a family-friendly space that encourages camaraderie and shared goals.

## Affordable Membership Options

Another appealing aspect of Gym Sweat is its affordability. The introductory offer of \$65 allows newcomers to try all classes for 30 days, providing ample opportunity to find the right fit. Additionally, the gym offers a **SENIOR DISCOUNT** and even features a kids' area, making it convenient for families to integrate fitness into their lives.

## Your Fitness Journey Awaits

In conclusion, Gym Sweat in Nevada County is more than just a gym; it's a

**supportive community** dedicated to empowering individuals to achieve their fitness goals. With its focus on inclusion, accessibility, diverse classes, and an encouraging environment, Gym Sweat is truly a hidden gem in Grass Valley, California. Whether you're a local or just passing through, give it a try—you may just discover your new favorite workout space!

**We are positioned at**

410 Crown Point Cir, 95945 Grass Valley, California - United States (US)

The contact phone of the respective **Gym** is +1530-440-8129

And if you want to send a WhatsApp, you can do so at +1530-440-8129

**We open at the following schedule:**

Day	Hours
Monday	5:30?AM–7?PM
Tuesday	5:30?AM–7?PM
Wednesday	5:30?AM–7?PM
Thursday	5:30?AM–7?PM
Friday	7?AM–7:30?PM
Saturday	7?AM–7:30?PM
Sunday	5:30?AM–7?PM

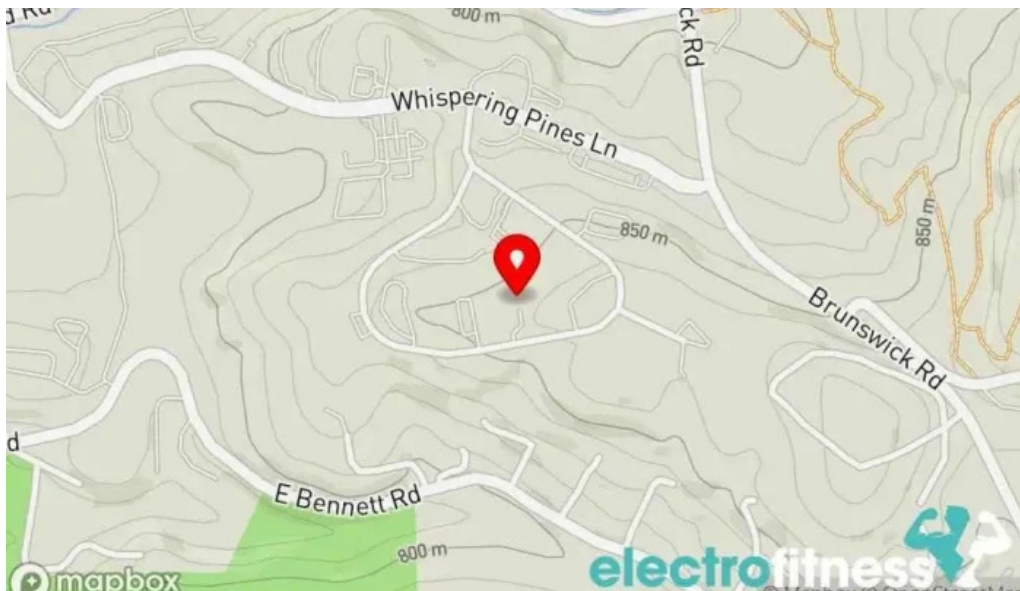
The website is Sweat Nevada County

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## Images



*Sweat nevada county street view 360deg*

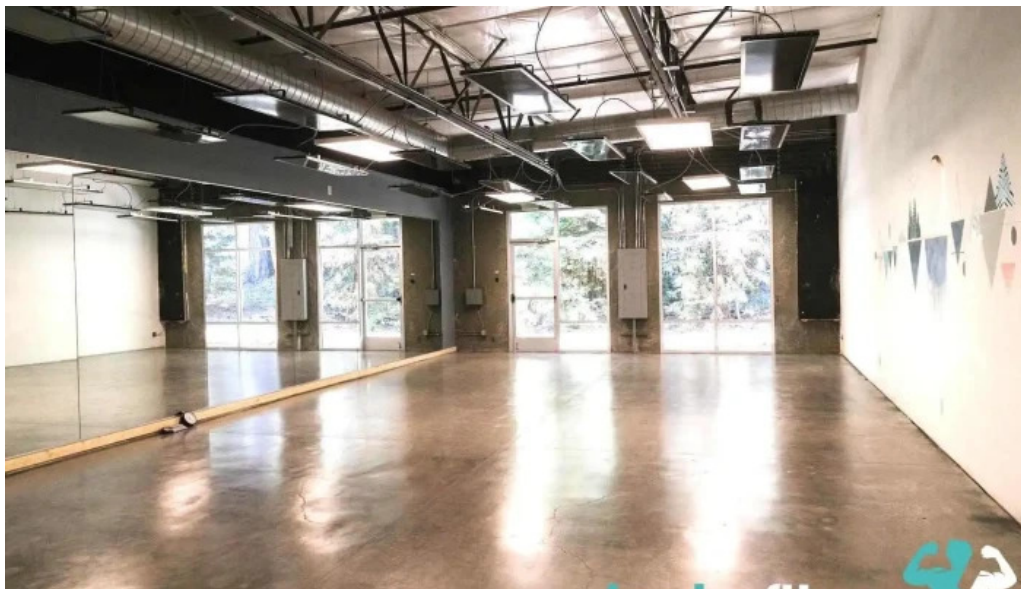


*Sweat nevada county map*





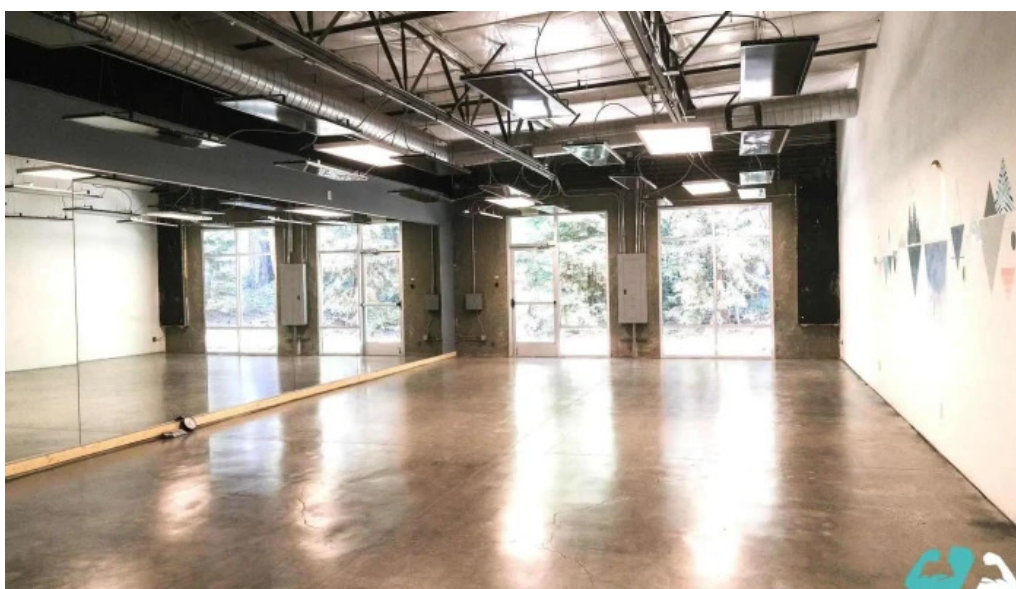
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## Tags

*Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park*

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**4.9 \*** *Sweat House Oc - Mission Viejo*

**5.0 \*** *Sweat Equity Fitness of Miami - Miami*

**5.0 \*** *Sweat Bar Fitness - Oakdale*

<b>4.9 *</b>	<i>Sweat Shop Fitness - Kensington</i>
<b>4.7 *</b>	<i>Ritual Sweat Society - Dartmouth</i>
<b>4.5 *</b>	<i>The Sweat Shack Saugus - Santa Clarita</i>
<b>5.0 *</b>	<i>Sweat 219 - Valparaiso</i>
<b>5.0 *</b>	<i>Nick's Sweat Shop - Addison</i>
<b>5.0 *</b>	<i>Sweat Zone - Aberdeen</i>

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acupuncture clinic
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amusement center
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apartment complex
aquatic centre
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art gallery
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club

coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store



health spa
hiking area
hospital
hotel
indoor cycling
indoor golf course
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
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center

wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization