

## Ascent Crossfit - Hesperia

hesperia

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## *Ascent Crossfit - Hesperia*

### Discover Gym Ascent CrossFit in Hesperia, California

If you're looking for a gym that truly cares about its members and provides a supportive community, look no further than **\*\*Gym Ascent CrossFit\*\*** in Hesperia, California. This facility is not just a gym; it's a place where you can transform your fitness journey in a welcoming environment.

### On-Site Services and Amenities

Gym Ascent CrossFit boasts a wide range of **\*\*on-site services\*\*** designed to cater to the needs of all its members. The facility offers **\*\*gender-neutral**

toilets\*\*, ensuring that everyone feels comfortable while exercising. Additionally, there is a \*\*wheelchair-accessible entrance\*\* and a \*\*wheelchair-accessible car park\*\*, making it easier for all individuals to access the gym without any barriers.

## **Accessibility and Community Focus**

One of the standout features of Gym Ascent CrossFit is its commitment to \*\*accessibility\*\*. Members have praised the professionalism of the staff and the clean, well-managed environment. The community feel is palpable; many find that the gym feels like a big family gathering rather than just a space for workouts. This sense of belonging is crucial for those who may be trying CrossFit for the first time or returning after a break.

## **Planning Your Fitness Journey**

Gym Ascent CrossFit offers a variety of \*\*service options\*\* including \*\*online classes\*\* for those who prefer to workout from home. For newcomers, the Foundations class is highly recommended as it helps participants build confidence and learn proper techniques. The programming led by experienced trainers like Matt and Jacob ensures that every workout is effective and tailored to meet individual goals.

## **Outdoor Services and Unique Programming**

In addition to indoor workouts, Gym Ascent CrossFit provides \*\*outdoor services\*\* that utilize the beautiful Southern California weather. The unique programming keeps workouts fresh and engaging, which has led many members to express their appreciation for the gym's diversity in training methods.

## **Join the Community**

Becoming a member at Gym Ascent CrossFit means you're joining a passionate community committed to success. Many members have shared their positive experiences, highlighting the friendly atmosphere and the motivations provided by both trainers and fellow gym-goers. Whether you are an experienced athlete or someone just starting on your fitness journey, this gym welcomes you with open arms. In conclusion, if you're looking for a supportive environment, top-notch coaching, and a sense of community, Gym Ascent CrossFit is the perfect choice in Hesperia, California. \*\*Membership is required\*\*, but the value you receive in terms of personal growth, friendship, and fitness achievements is immeasurable. Come see why so many have found their fitness home here!

## **The location of our premises is**

9565 C Ave Unit E, 92345 Hesperia, California - United States (US)

The phone number of the respective **Gym** is +1760-684-5846  
And if you want to send a WhatsApp, you can do so at +1760-684-5846

### **Our public attention hours are:**

Day Hours  
Monday  
8–10?AM  
Tuesday  
Closed  
Wednesday  
5–6?AM 9–10?AM 3:30–7:30?PM  
Thursday  
5–6?AM 9–10?AM 3:30–7:30?PM  
Friday  
5–6?AM 9–10?AM 3:30–7:30?PM  
Saturday  
5–6?AM 9–10?AM 3:30–7:30?PM  
Sunday  
3:30–6:30?PM

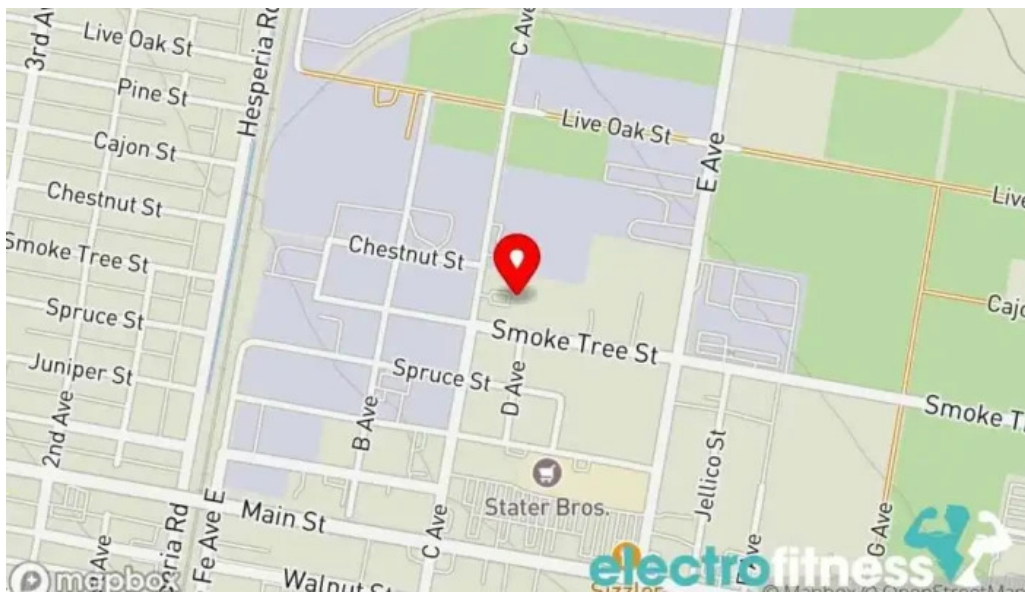
The website is Ascent Crossfit

If you require to change any detail that you believe is not precise about this page, we kindly request forward a message so that we will correct it as soon as possible. Thank you in advance thanks.

### **Images**



*Ascent crossfit street view 360deg*



*Ascent crossfit map*

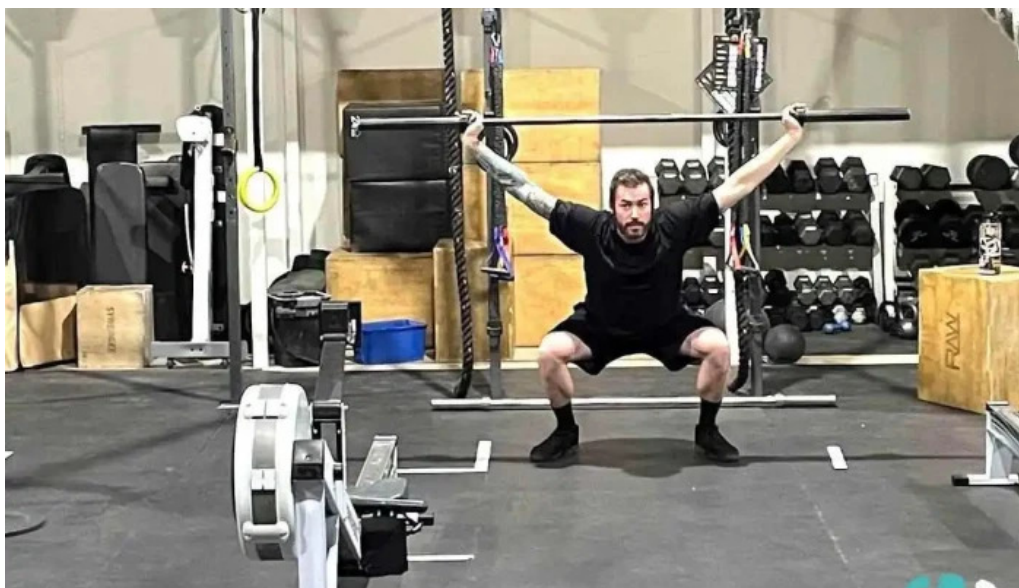


*Ascent crossfit hesperia*





*Ascent crossfit gym*



*Ascent crossfit by owner*



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## Tags

*Gender-neutral toilets, Planning, On-site services, Amenities, Online classes, Outdoor services, Accessibility, Service options, Wheelchair-accessible entrance, Membership required, Wheelchair-accessible car park*

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gym
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health spa
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hospital
hotel
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
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martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
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physical therapist
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pilates studio
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shooting range
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sports club
sports complex
sports medicine clinic
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vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
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