

Coastal Fitness - Kittery

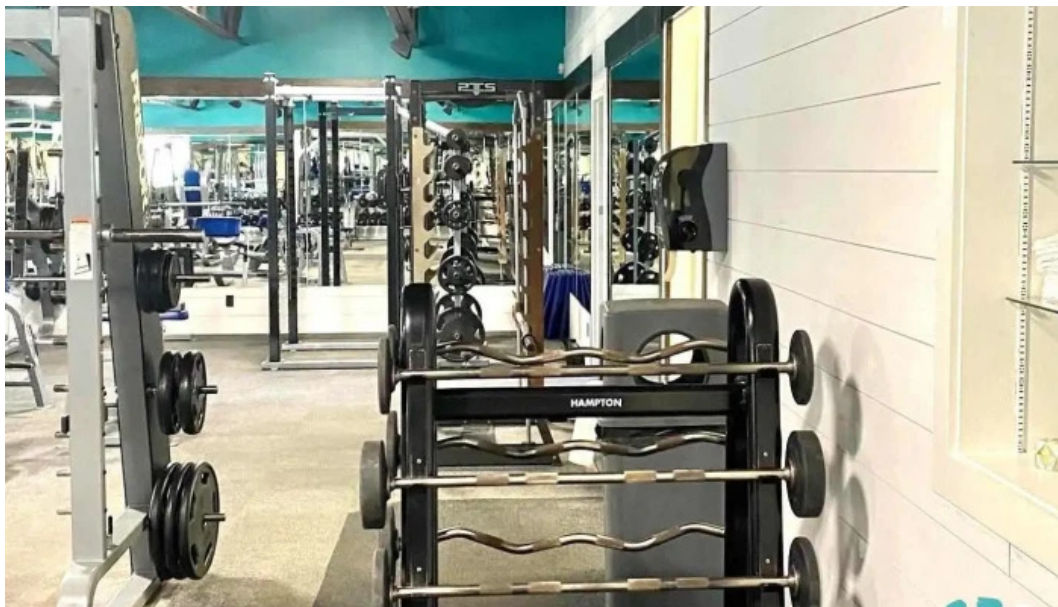
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Coastal Fitness - Kittery

Welcome to Coastal Fitness: Your Premier Gym in Kittery, Maine

Coastal Fitness is more than just a gym; it's a community dedicated to health and wellness. Located in Kittery, Maine, this facility offers a wide array of ****service options**** designed to cater to all fitness levels. From modern equipment to diverse classes, Coastal Fitness ensures that every member finds something that suits their personal goals.

Amenities That Enhance Your Workout Experience

One of the standout features of Coastal Fitness is its extensive range of

****amenities****. Members enjoy access to: - ****Sauna****: Perfect for relaxation and recovery after an intense workout. - ****Locker Rooms****: Convenient facilities for storing your belongings and freshening up. - ****Free Parking Lot****: Ample space that makes accessing the gym hassle-free. - ****Wi-Fi****: Stay connected during your workouts or while attending online classes. The gym is designed with ****accessibility**** in mind, featuring a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone can enjoy the fitness experience.

Membership Requirements and Options

While a ****membership is required**** to access most of the facilities, Coastal Fitness offers flexible plans to suit different needs and budgets. Whether you're looking for short-term passes or long-term memberships, there are options available. Many members have shared their satisfaction with the ****platinum membership****, which provides additional perks and access to exclusive classes.

Engaging Classes and On-Site Services

Coastal Fitness stands out with its extensive class offerings. Members can participate in various group classes ranging from high-intensity interval training (HIIT) to yoga and Pilates. The knowledgeable instructors motivate participants, making each session enjoyable and effective. For those seeking personalized support, the gym also offers on-site services such as personal training, helping members achieve their individual fitness goals.

The Community Atmosphere

One of the most appreciated aspects of Coastal Fitness is its welcoming atmosphere. Members often describe the community as friendly and supportive, fostering connections and encouragement among gym-goers. The staff are known for their helpfulness, ready to assist with any questions or needs.

Online Classes: Fitness at Your Convenience

For those who prefer working out from home or have busy schedules, Coastal Fitness offers ****online classes**** that allow members to stay active at their convenience. This feature has become increasingly popular, providing flexibility without compromising on the quality of workouts.

Conclusion

Overall, Coastal Fitness in Kittery, Maine, excels in delivering a comprehensive fitness experience. With outstanding amenities, diverse class offerings, and a strong sense of community, this gym caters to everyone—from beginners to seasoned athletes. Whether you're planning to take up personal training or simply enjoy open gym time, Coastal Fitness is dedicated to supporting your journey to health and wellness. Join us today and discover why Coastal

Fitness is the ideal place to achieve your fitness goals!

Our business is found at

75 US-1 BYP, 03904 Kittery, Maine - United States (US)

The phone number of this **Gym** is +1207-438-0888

And if you want to send a WhatsApp, you can do so at +1207-438-0888

Our business hours are:

Day	Hours
Monday	7?AM–2?PM
Tuesday	7?AM–2?PM
Wednesday	5?AM–8?PM
Thursday	5?AM–8?PM
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

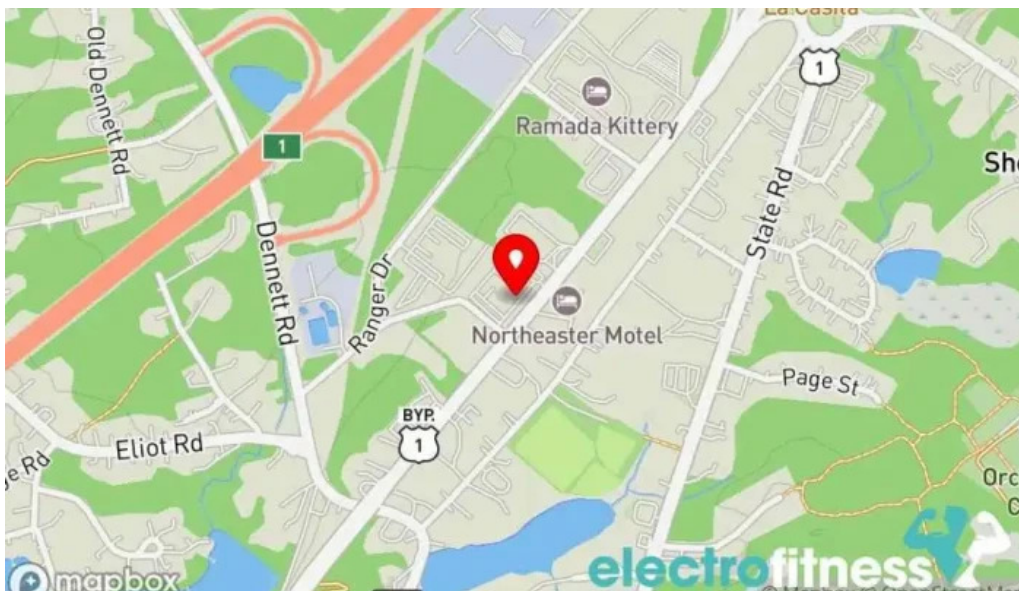
The website is Coastal Fitness

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Images



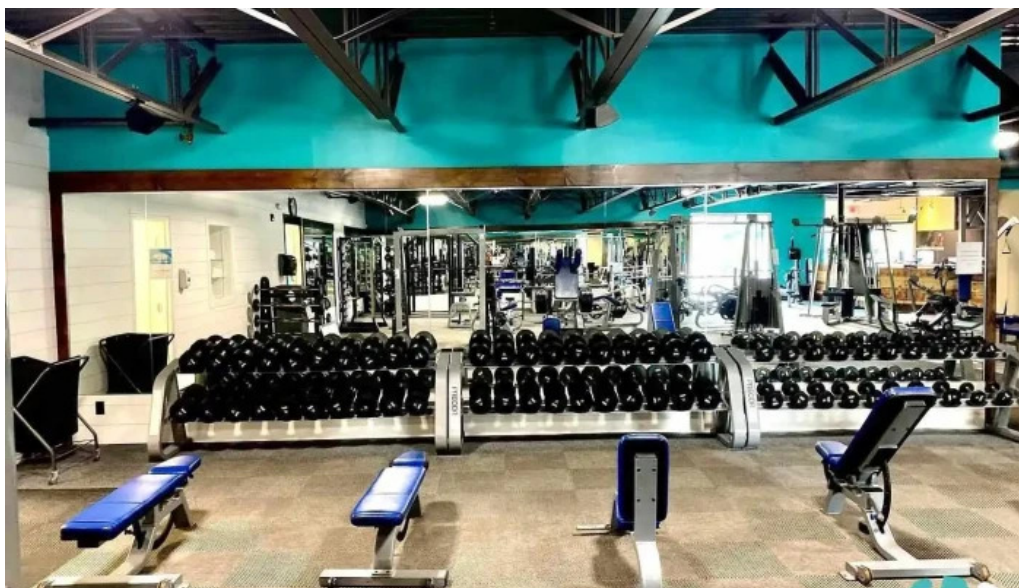
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Coastal fitness map



Coastal fitness kittery



Coastal fitness gym



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Tags

Amenities, Online classes, Wi-Fi, Free parking lot, Parking, Wheelchair-accessible entrance, Accessibility, Planning, Sauna, Wheelchair-accessible car park, On-site services, Membership required, Service options

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