

Crossfit 196 - Lewiston

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Crossfit 196 - Lewiston

Discover CrossFit 196 in Lewiston, Maine

If you're looking for a gym that combines community, personalized coaching, and a positive atmosphere, look no further than **CrossFit 196**. This fantastic gym offers much more than just a place to workout; it provides an inclusive environment where fitness enthusiasts of all levels can thrive.

Membership Required

At CrossFit 196, a **membership is required** to enjoy the full range of services and benefits. This structure fosters a close-knit community where members can

support one another in their fitness journeys. As noted by a satisfied member, “the whole experience has been so welcoming,” highlighting that anyone, regardless of age or fitness level, can find their place here.

Accessibility Features

One of the standout features of CrossFit 196 is its commitment to accessibility. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone has the opportunity to participate in fitness activities without barriers. This thoughtful design allows individuals with mobility challenges to feel included and welcome.

A Supportive Community

Members often describe the atmosphere at CrossFit 196 as positive and encouraging. Coach Rachel, the owner, is praised for her ability to provide **personalized attention** during each class, making every session feel like personal training. With her guidance, many have seen significant improvements in their abilities, from form to endurance. As one member stated, “Rachel’s guidance has given me the confidence to keep pushing myself.”

Well-Equipped Facility

The gym features a spacious layout filled with a variety of equipment suitable for all fitness levels. With access to showers and plenty of parking, it's designed to accommodate those with busy schedules. A member remarked on the cleanliness and organization of the facility, stating it’s “maintained so well.” This focus on maintaining a top-notch environment enhances the overall workout experience.

A Place for Everyone

Whether you're a rookie or an advanced athlete, CrossFit 196 welcomes everyone. Many members have expressed how the supportive atmosphere transforms intimidating workouts into enjoyable experiences. One visitor mentioned, “I had no idea what I was capable of as an athlete until I started at CF 196.” Joining this community means you'll never be alone on your fitness journey. You'll be surrounded by friendly faces who inspire and motivate you, making every workout a shared experience.

Plan Your Visit

If you're in the Lewiston area or passing through, consider dropping by CrossFit 196 for a workout. Whether you're looking to improve your fitness or simply want to be part of an energetic community, CrossFit 196 is ready to welcome you. Remember, a membership is required, but the value of being part of such a supportive and well-equipped gym is immeasurable. Don't miss out on the chance to be part of the 196 Fam!

Our premises are located at

1929 S Lisbon Rd, 04240 Lewiston, Maine - United States (US)

The phone number of this **Gym** is +1207-312-0004

And if you want to send a WhatsApp, you can do so at +1207-312-0004

Our business hours are:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

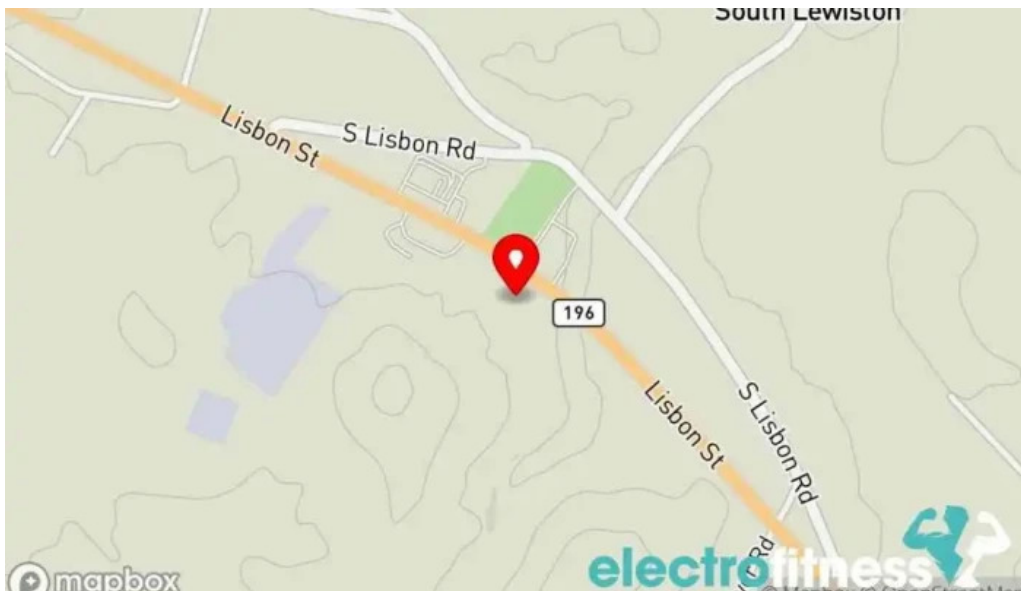
The website is Crossfit 196

If you require to modify any data that you think is incorrect about this portal, we kindly request deliver a message and we will adjust it quickly. With anticipation thank you very much.

Images



Crossfit 196 street view 360deg



Crossfit 196 map



Crossfit 196 lewiston



Crossfit 196 gym



Crossfit 196 all

Tags

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

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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
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parking lot
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
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