

## The Gym - Lewiston

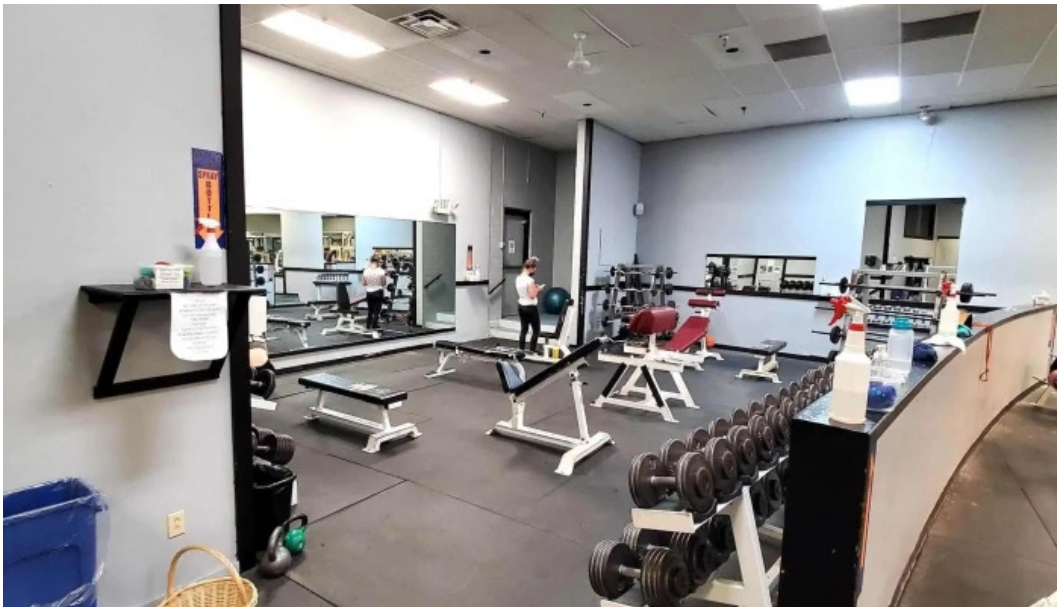
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## *The Gym - Lewiston*

### **The Gym in Lewiston, Maine: A Comprehensive Overview**

If you're in Lewiston, Maine, and looking for a gym that caters to various fitness levels, **\*\*The Gym\*\*** could be on your radar. With its mix of amenities and offerings, it's essential to understand what this facility brings to the table.

#### **On-Site Services and Amenities**

**\*\*The Gym\*\*** offers a range of on-site services that cater to both beginners and seasoned athletes. Facilities include: - **\*\*Free Parking Lot\*\***: Ample on-site parking ensures easy accessibility. - **\*\*Wheelchair-Accessible Entrance and**

Parking\*\*: A commitment to inclusivity is evident with facilities designed for wheelchair users. - \*\*Sauna\*\*: Perfect for relaxation post-workout, the sauna adds an extra layer of comfort. - \*\*Toilets and Showers\*\*: Clean and spacious locker rooms provide convenience. Members can also enjoy Wi-Fi access throughout the premises, ensuring you stay connected before or after your workouts.

## **Membership Requirements**

A membership is required to access the gym's offerings, which includes a month-to-month contract option that some users have found reasonable. However, critiques about pricing exist, with some members finding the costs high relative to the equipment quality.

## **Crowd and Community Atmosphere**

The crowd at \*\*The Gym\*\* has been described as a blend of casual gym-goers and serious bodybuilders. The facility prides itself on being an \*\*LGBTQ+ friendly\*\* environment, ensuring a \*\*transgender safe space\*\*. Many users appreciate the welcoming atmosphere, contributing to a sense of community among members.

## **Challenges in Planning and Accessibility**

While the gym has a variety of offerings, planning your workout can be tricky due to limited hours of operation, particularly on weekends. Members have expressed wishes for longer hours, particularly for those who work during standard business days.

## **Equipment and Maintenance Concerns**

Despite the variety of machines and free weights available, there are ongoing concerns regarding the age and maintenance of the equipment. Several reviews have pointed out that while the gym is adequately equipped, some machines appear outdated and may require more frequent servicing.

## **Conclusion**

In summary, \*\*The Gym\*\* in Lewiston, Maine, provides a solid option for those looking to maintain an active lifestyle. With on-site services like a sauna, friendly staff, and a welcoming community atmosphere, it's evident why some members cherish their time here. However, potential newcomers should weigh the pros and cons, including equipment condition and hours of operation, before committing to a membership.

## **We are located at**

746 Main St, 04240 Lewiston, Maine - United States (US)

The phone of the mentioned **Gym** is +1207-689-3145

And if you want to send a WhatsApp, you can do so at [+1207-689-3145](https://www.whatsapp.com/business/profile/12076893145)

## Our opening hours are:

Day Hours

Monday

4:30?AM–8:30?PM

Tuesday

4:30?AM–7?PM

Wednesday

7?AM–3?PM

Thursday

7?AM–3?PM

Friday

4:30?AM–8:30?PM

Saturday

4:30?AM–8:30?PM

Sunday

4:30?AM–8:30?PM

The website is [The Gym](#)

If you require to change any detail that you believe is incorrect concerning this page, we kindly request send a message and we will correct it promptly. Thank you in advance thank you very much.

## Images



*The gym street view 360deg*





*The gym photos*



*The gym near me*



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## Tags

*Offerings, Service options, Membership required, LGBTQ+ friendly, On-site services, Parking, On-site parking, Free parking lot, Transgender safe space, Amenities, Planning, Crowd, Wi-Fi, Sauna, Accessibility, Wheelchair-accessible entrance, Toilet, Wheelchair-accessible car park*

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academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
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
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
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
fountain
gated community



general hospital
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
historical landmark
hospital
hotel
ice skating rink
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

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outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
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senior citizen center
shooting range
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soccer club
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software company
spa
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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
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trade school
training centre
vitamin & supplements store
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weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
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