

Strive Fitness for Women - Meridian

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Strive Fitness for Women - Meridian

Discover Strive Fitness for Women in Meridian, Idaho

Strive Fitness for Women is an empowering gym that **identifies as women-owned**, making it a unique space for women to focus on their health and fitness goals. Located in Meridian, Idaho, this gym offers a variety of amenities designed to foster a welcoming and supportive atmosphere for all members.

A Welcoming Atmosphere and Supportive Service Options

One of the standout features of Strive Fitness is its **atmosphere**. Many

members have expressed their appreciation for the encouraging and friendly staff, noting that it feels like a home away from home. The ****service options**** available include group fitness classes, personal training, and elite classes that cater to both beginners and seasoned gym-goers. Instructors at Strive are known for being highly energetic and supportive, ensuring everyone feels comfortable and welcomed.

Comprehensive Amenities for Ultimate Comfort

Strive Fitness prides itself on providing top-notch ****amenities**** that enhance the gym experience. Members can enjoy: - ****Sauna****: A perfect way to relax and unwind after a workout. - ****Showers and Toilets****: Well-maintained facilities for convenience. - ****Childcare Options****: Engaged staff provide quality care for children, allowing mothers to work out with peace of mind. - ****Complimentary Coffee and Waters****: Thoughtful extras that make visits more enjoyable. For those needing additional services, the gym also has an ****on-site service**** offering feminine products and access to ****Wi-Fi****.

Accessibility Features

Strive Fitness is committed to inclusivity with several ****accessibility**** features, including: - ****Wheelchair-accessible entrance and toilet**** - ****Wheelchair-accessible car park**** These features ensure that every woman, regardless of ability, can access the gym and its facilities comfortably.

Membership Details and Community Engagement

To fully enjoy everything Strive Fitness has to offer, a ****membership is required****. The monthly membership costs are considered affordable relative to the extensive offerings provided. Members frequently commend the gym for its family-like community where friendships are built and support is shared. Both casual walkers and fitness enthusiasts will find the fitness classes engaging and tailored to various skill levels. Strive invites newcomers to participate in free classes, promoting a sense of community and empowerment.

Final Thoughts from the Business

Strive Fitness for Women is more than just a gym; it's a community where women of all ages and backgrounds come together. Many members have found not only their health and fitness goals met but also a supportive network of friends. The positive environment, combined with excellent amenities like a sauna, childcare, and accessible facilities, makes Strive Fitness an ideal choice for women looking to enhance their wellness journey in Meridian, Idaho. Whether you're looking to join group classes, take part in elite sessions, or simply enjoy the welcoming atmosphere, Strive Fitness has something for everyone. Come and discover how this women-owned gym can help you thrive!

Our premises are located at

4736 N Park Crossing Ave Suite 120, 83646 Meridian, Idaho - United States (US)

The contact phone of this **Gym** is +1208-997-4273

And if you want to send a WhatsApp, you can do so at +1208-997-4273

We are open during the following hours:

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

The website is STRIVE FITNESS for Women

If you require to adjust any information that you feel is not accurate regarding this site, please forward a message so that we will adjust it as soon as possible. Thank you in advance we appreciate it.

Images



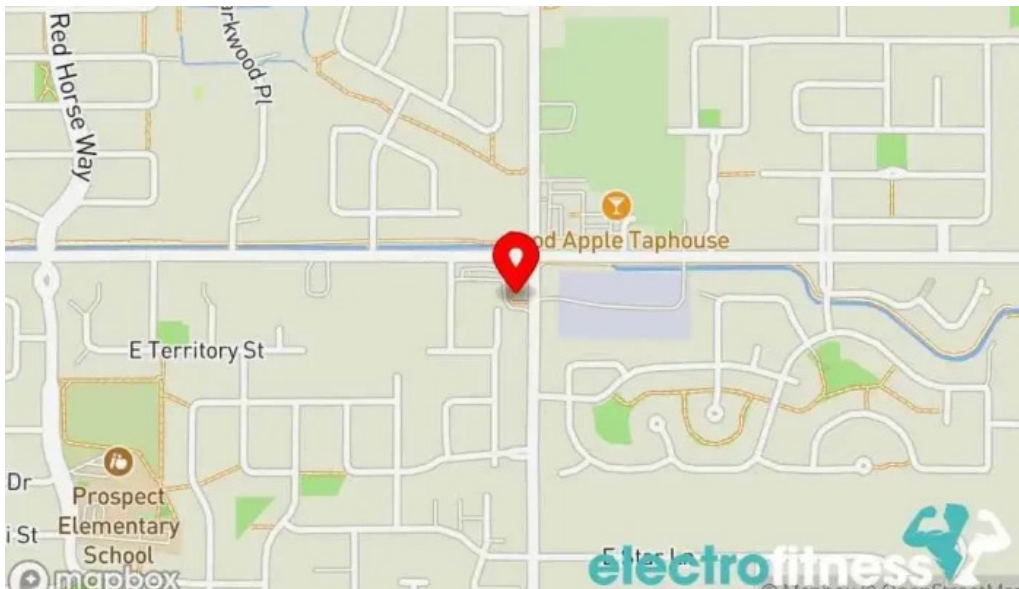
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Strive fitness for women gym



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Tags

Toilet, Shower, Wi-Fi, Wheelchair-accessible car park, Planning, Accessibility, Amenities, Wheelchair-accessible toilet, From the business, Service options, Outdoor services, On-site services, Wheelchair-accessible entrance, Identifies as women-owned, Sauna, Atmosphere, Membership required

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supermarket
swimming instructor
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weightlifting area
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