


Uplifted Gym - Meridian

meridian

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meridian

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Welcome to Uplifted Gym in Meridian, Idaho

Uplifted Gym stands out as the premier fitness facility in the Treasure Valley. With a focus on accessibility and inclusivity, this gym offers a variety of ****on-site services**** designed to cater to all members of the community.

Facilities and Amenities

Uplifted Gym prides itself on its immaculate facilities, ensuring that you can focus on your fitness goals in a clean and welcoming environment. The ****toilet**** facilities include gender-neutral options, emphasizing the gym's commitment to

inclusivity. Additionally, the gym features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park**** to ensure everyone can enjoy their workout without barriers.

Training Options and Services

At Uplifted Gym, you have the option for personalized training. Many members have praised the knowledgeable trainers like Jewel and Trevor, who work diligently to create customized programs that align with individual goals. An ****appointment is required**** for personal training sessions, allowing for focused and individualized attention. Online classes are also available, providing flexibility for those with busy schedules. Whether you prefer to work out in person or from home, Uplifted Gym has ****service options**** that suit your needs.

Outdoor Services and Community Vibes

In addition to indoor facilities, Uplifted Gym offers outdoor services for those who enjoy exercising in fresh air. The supportive and friendly environment has been highlighted by many members, who appreciate how the gym fosters a community where everybody cheers each other on. The welcoming atmosphere is further supported by the kind, considerate staff and fellow gym-goers who help create an encouraging space for achieving personal fitness milestones.

Health and Wellness Features

For those looking to enhance their workout experience, Uplifted Gym includes amenities such as a sauna and cold plunge. These features are ideal for relaxation and post-workout recovery, allowing you to unwind after a challenging session.

Planning Your Visit

If you're considering joining Uplifted Gym, it's worth noting that they offer a \$10 day pass for visitors, making it easy to try out the facility before committing to a membership. With 24/7 access, you can train at your convenience, whether early in the morning or late at night.

Conclusion: Your Journey Awaits

Uplifted Gym is not just a place to work out; it's a community that elevates your fitness journey. With top-notch equipment, knowledgeable trainers, and a focus on accessibility, you will feel inspired and supported every step of the way. Whether you're a beginner or a seasoned athlete, Uplifted Gym is the perfect place to achieve your fitness goals.

The address of our establishment is

68 E Fairview Ave, 83642 Meridian, Idaho - United States (US)

The contact line of said **Gym** is +1208-871-1344

And if you want to send a WhatsApp, you can do so at +1208-871-1344

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

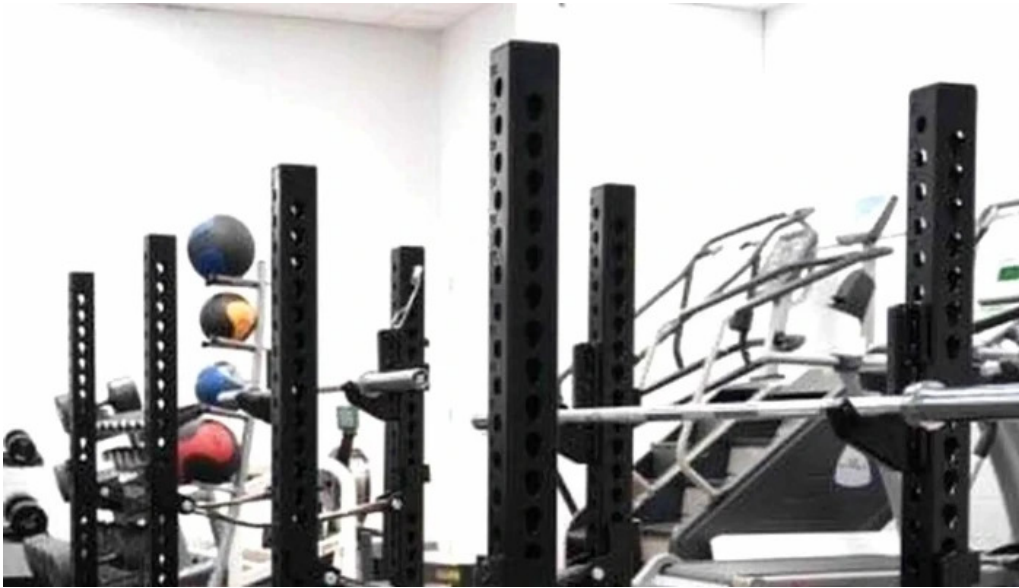
The website is [Uplifted Gym](#)

If you require to adjust any information that you consider is not precise concerning this page, we kindly request send a message and we will adjust it as soon as possible. With anticipation we appreciate it.

Images



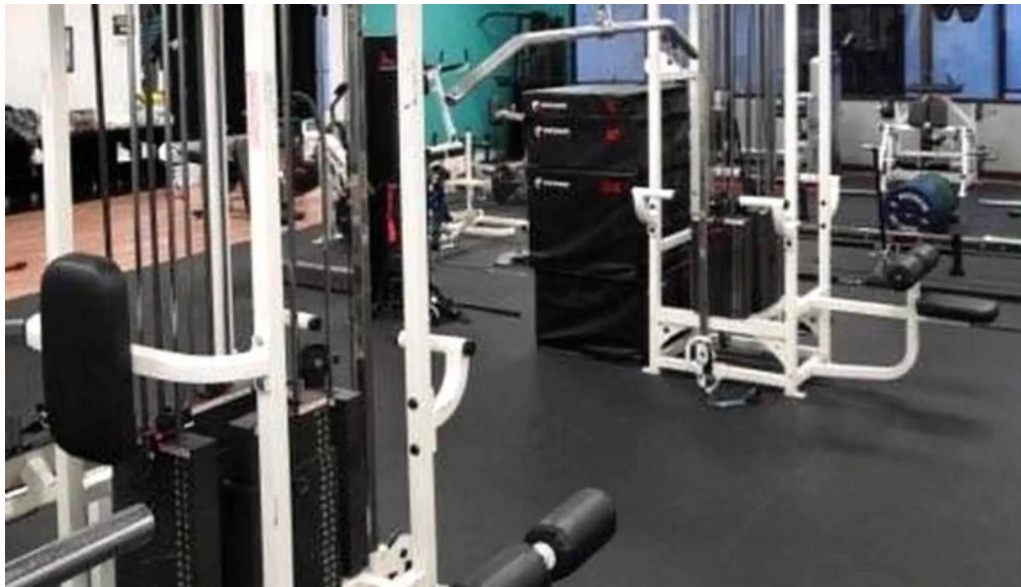
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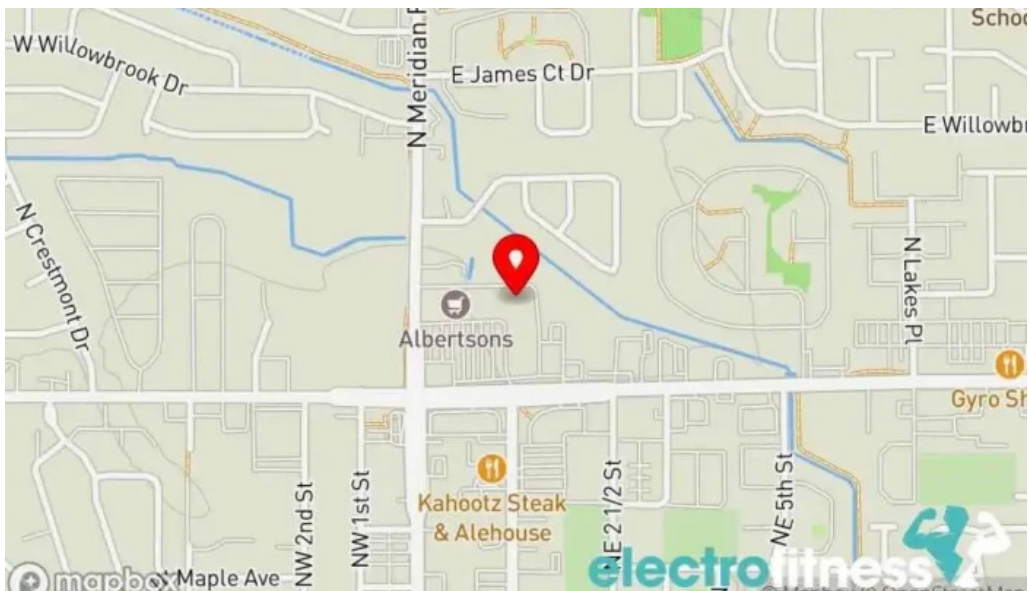
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Tags

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

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