

## Fit Zone Milpitas - Milpitas

milpitas

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### *Fit Zone Milpitas - Milpitas*

#### **Welcome to Gym Fit Zone Milpitas: Your Fitness Haven**

If you're searching for a welcoming gym that is **\*\*LGBTQ+ friendly\*\*** and dedicated to inclusivity, look no further than Gym Fit Zone in Milpitas, California. This gym emphasizes a supportive environment with exceptional **\*\*on-site services\*\*** that cater to all fitness levels.

#### **Amenities That Make a Difference**

Gym Fit Zone offers a variety of **\*\*amenities\*\*** designed with every member in mind. With a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible**

car park\*\*, Gym Fit Zone ensures everyone can enjoy their fitness journey. The facility also features \*\*gender-neutral toilets\*\* to support inclusivity for all members.

## **Comprehensive Fitness Options**

Membership is required to take advantage of the extensive \*\*offerings\*\* within the gym, from personal training sessions to group fitness classes. One standout feature is the array of \*\*online classes\*\*, allowing you to engage with workouts at your convenience while enjoying complimentary \*\*Wi-Fi\*\* throughout the gym. Members have praised the quality of training at Gym Fit Zone, with instructors like Irfan, who take a personalized approach to fitness. Their focus goes beyond just physical training; they consider factors such as individual injuries, diet, sleep, and overall well-being when planning workouts. This kind of attention assures members that every session is tailored specifically for them.

## **Creating Community and Encouragement**

Gym Fit Zone Milpitas has become a hub for individuals looking to improve their fitness levels while surrounded by like-minded people. This environment is nurtured by trainers who foster a sense of community and provide continuous motivation. The energy during \*\*HIIT classes\*\* is infectious, with members reporting significant improvements in strength and stamina, proving that working out is more enjoyable when shared with others. Many users have expressed their gratitude for how trainers like Irfan challenge them while ensuring correct form, leading to safer and more effective workouts. Beyond weightlifting, the gym's yoga classes are also highlighted, providing a holistic approach to fitness that benefits both body and mind.

## **Accessibility and Support**

Accessibility is key at Gym Fit Zone. The gym takes pride in being a safe space for everyone, offering services that ensure comfort and convenience for all members. With a commitment to providing a \*\*supportive atmosphere\*\*, Gym Fit Zone makes it a priority to accommodate everyone's needs, helping foster lasting friendships among members.

## **Join the Fit Zone Family**

In conclusion, Gym Fit Zone Milpitas is more than just a gym; it's a welcoming community where fitness goals are achieved in a supportive environment. With a focus on \*\*functional fitness\*\*, individualized attention, and a commitment to accessibility, you're sure to find the perfect workout for yourself. Don't wait any longer – join the Fit Zone family and start your transformational journey today!

## **Our location is in**

*1818 Clear Lake Ave, 95035 Milpitas, California - United States (US)*

The contact line of the respective **Gym** is [+1408-708-7949](tel:+1408-708-7949)  
And if you want to send a WhatsApp, you can do so at [+1408-708-7949](https://wa.me/14087087949)

**Visit us during the following hours:**

- Day Hours
- Monday  
*7?AM–10?PM*
- Tuesday  
*7?AM–10?PM*
- Wednesday  
*7?AM–4?PM*
- Thursday  
*7?AM–1:30?PM*
- Eriday  
*7?AM–8?PM*
- Saturday  
*7?AM–10?PM*
- Sunday  
*7?AM–10?PM*

The website is [Fit Zone Milpitas](#)

If necessary to alter any detail that you consider is not accurate about this site, we kindly request forward a message and we will fix it promptly. Thanks beforehand we appreciate it.

**Images**



*Fit zone milpitas street view 360deg*



*Fit zone milpitas milpitas*



*Fit zone milpitas map*



*Fit zone milpitas gym*



*Fit zone milpitas by owner*



*Fit zone milpitas all*

## Tags

*Wheelchair-accessible car park, Gender-neutral toilets, Planning, Wi-Fi, Amenities, Service options, Sauna, LGBTQ+ friendly, Wheelchair-accessible entrance, Crowd, Offerings, On-site services, Accessibility, Online classes, Membership required*

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academic department
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after school program
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animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
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
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
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
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
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public library
public swimming pool
recreation center
rehabilitation center
resort hotel

restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
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
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer

wrestling school
yoga instructor
yoga studio
youth center
youth organization