

Alpenglow Fitness - Montpelier

montpelier

☐ I'm not a robot



RECAPTCHA

Published on: 19/04/25	Hits: 184
Comments: 0	See comments
Votes: 23	Score: 4.7

https://www.electrofitness.com/gym/montpelier/alpenglow-fitness-montpelier_218423.php



montpelier

Alpenglow Fitness - Montpelier

Welcome to Alpenglow Fitness: A Women-Owned Gym in Montpelier, Vermont

Alpenglow Fitness stands out as a ****women-owned**** gym that creates an inclusive and welcoming environment for all fitness enthusiasts. Located in the heart of Montpelier, it offers a variety of ****amenities**** designed to accommodate diverse needs, including ****gender-neutral toilets**** and a ****transgender safe space****.

Parking and Accessibility

One of the notable features of Alpenglow Fitness is its convenient ****parking options****. Visitors can take advantage of ****paid street parking**** available nearby, ensuring easy access to the studio. With ample space and comfort, the gym is designed to make your visit hassle-free.

A Variety of Classes and Instructors

The classes offered at Alpenglow are nothing short of exceptional. Whether you are interested in ****Studio Cycling****, ****Kickboxing HIIT****, or ****Cycle + Sculpt****, there's something for everyone. The instructors, like Angie, Ashley, and Caitlin Conn, are celebrated for their ****motivational**** teaching styles and commitment to helping each participant feel part of the community. Many attendees leave classes with a sense of achievement and pride in their hard work.

An LGBTQ+ Friendly Environment

Alpenglow Fitness prides itself on being ****LGBTQ+ friendly****, creating a supportive environment for all individuals. The welcoming atmosphere helps foster connections among members, making it easier for newcomers to integrate into the community. This inclusive approach ensures everyone feels comfortable, regardless of their fitness journey.

On-Site Services and Amenities

In addition to comprehensive fitness classes, Alpenglow offers various ****on-site services****. Members can enjoy a ****swimming pool**** and take part in ****online classes**** for those unable to attend in person. The gym's focus on holistic wellness extends beyond physical fitness, promoting both mental health and community spirit.

Planning Your Visit

For those considering joining Alpenglow Fitness, planning is essential. While many classes do not require appointments, some may require prior scheduling, so checking ahead is advisable. This ensures that everyone gets the most out of their workout.

A Community of Support and Fun

From the glowing reviews, it's clear that Alpenglow Fitness offers more than just a workout; it provides a space filled with camaraderie and fun. Families, friends, and individuals all benefit from the supportive environment. One parent shared their experience of attending classes with their teenager, emphasizing the joy of exercising together.

Join the Alpenglow Community

If you're in Montpelier, Vermont, and looking for a gym that identifies as women-owned, offers a diverse range of classes, and promotes an inclusive

community, Alpenglow Fitness is the place to be. With excellent instructors and a welcoming atmosphere, it's an ideal choice for anyone looking to enhance their physical and mental well-being. Highly recommended by both new and seasoned fitness enthusiasts, Alpenglow invites you to come and discover the joy of movement!

You will find us at

141 Main St, 05602 Montpelier, Vermont - United States (US)

The contact phone of said **Gym** is +1802-279-0077

And if you want to send a WhatsApp, you can do so at +1802-279-0077

The website is Alpenglow Fitness

If necessary to change any element that you believe is incorrect related to this portal, we ask send us a message so that we will fix it as soon as possible. With anticipation thanks for your cooperation.

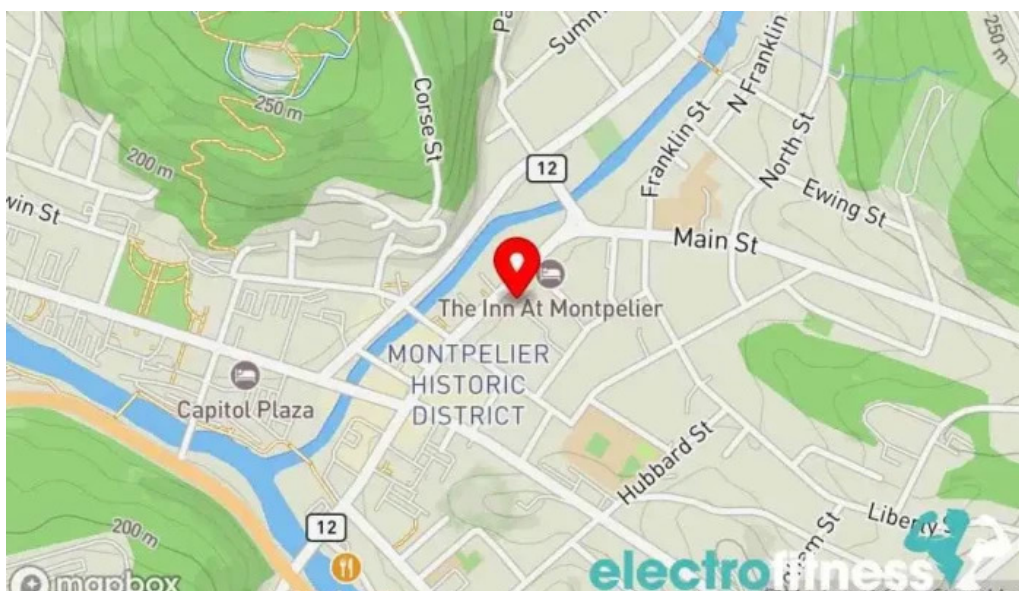
Images



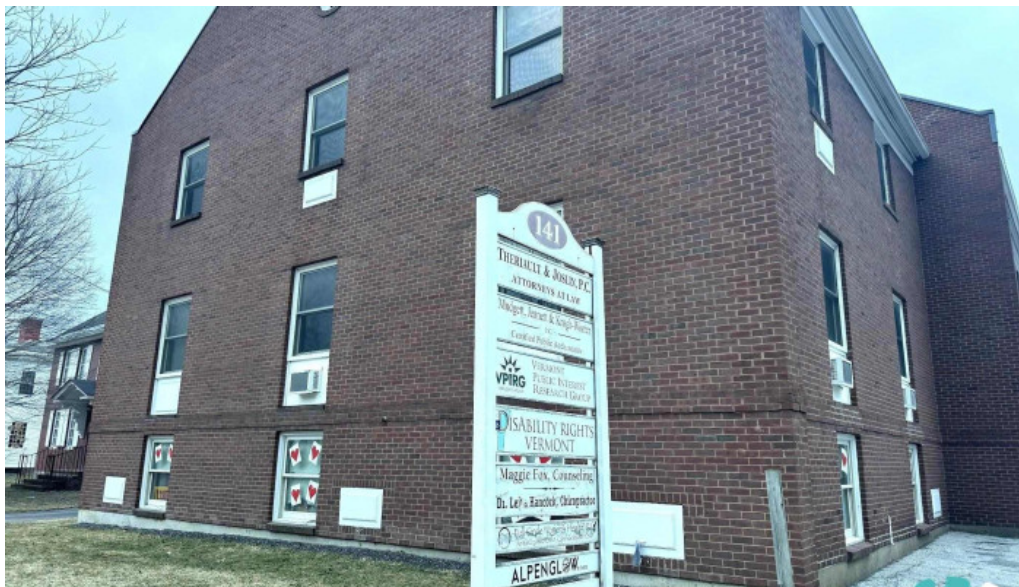
Alpenglow fitness street view 360deg



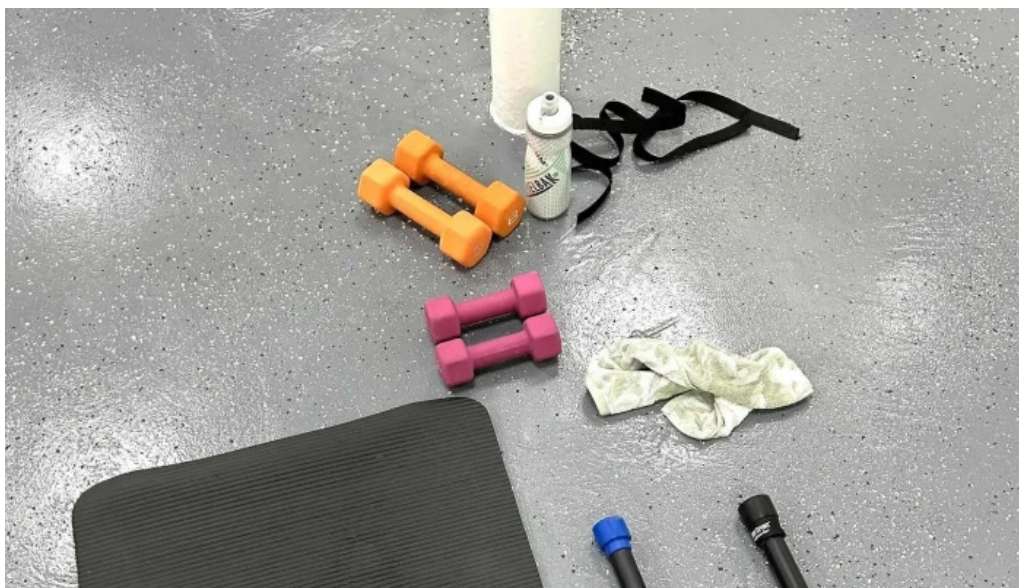
Alpenglow fitness montpelier



Alpenglow fitness map



Alpenglow fitness latest



Alpenglow fitness gym



Alpenglow fitness exercise machine



Alpenglow fitness by owner



Alpenglöw fitness all

Tags

Transgender safe space, Gender-neutral toilets, Appointment required, From the business, Swimming pool, Identifies as women-owned, Crowd, Parking, On-site services, LGBTQ+ friendly, Paid street parking, Amenities, Planning, Service options, Online classes

Related content

5.0 *	<i>California Diving Academy - Walnut Creek</i>
5.0 *	<i>The Barre - New Bedford</i>
5.0 *	<i>American Martial Arts Gym - Waldorf</i>
5.0 *	<i>Alloy Personal Training Rossmoor - Walnut Creek</i>
5.0 *	<i>You, Yourself, and Yoga - Kirksville</i>
4.8 *	<i>Quest Fitness - Kennebunk</i>
4.7 *	<i>Isi Elite Training - Walnut Creek, Ca - Walnut Creek</i>
3.7 *	<i>Portage Township Ymca - Portage</i>
5.0 *	<i>The Centered Body - Pleasant Hill</i>
4.2 *	<i>Spenga - Valparaiso</i>

Categories

academic department
amusement park ride
animal feed store
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel

indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club

thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization