

## SunKing Health & Fitness - Oakland

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## SunKing Health & Fitness - Oakland

### Discover SunKing Health & Fitness in Oakland, Maine

If you're looking for a fitness center that goes beyond the conventional, **SunKing Health & Fitness** in Oakland, Maine is your go-to destination. This gym has a multitude of offerings designed to transform your relationship with fitness, making it suitable for everyone, from beginners to seasoned athletes.

### Wheelchair-Accessible Car Park

One of the standout features of SunKing Health & Fitness is its **wheelchair-accessible car park**. This commitment to accessibility ensures that everyone can enjoy a fulfilling workout experience without barriers. The facilities cater to individuals of all abilities, making it a welcoming space for everyone.

## **Customized Classes for Every Fitness Level**

At SunKing, the classes are designed to suit all fitness levels, and each session is personalized to meet individual needs. According to numerous satisfied members, “Tony has a way of individualizing every workout to your personal needs, which will leave you challenged and coming back for more.” This tailored approach not only fosters growth but also promotes a motivating atmosphere.

## **Expert Guidance and Support**

Whether you're training for a sport or incorporating strength training into your wellness plan, Tony offers expert guidance to ensure you get the most out of your experience. Members have noted, “Tony will modify exercises as needed to suit different ability levels, injuries, etc.” This attention to detail creates an inclusive environment where everyone feels supported.

## **A Fun and Motivating Atmosphere**

The **fun and motivating atmosphere** at SunKing is palpable. Members rave about the encouragement they receive. One senior member shared, “Tony understands my limits but still pushes me and always has praise for my efforts!! Highly recommend!” This positive reinforcement helps cultivate a sense of community and belonging.

## **Final Thoughts**

SunKing Health & Fitness is more than just a gym; it's a place where expert knowledge meets accessibility. Whether you're looking to bulk up for your senior season or simply get back in shape after some time off, this is the ideal place for your fitness journey. Come and experience firsthand how customized workouts and a supportive community can elevate your fitness game!

## **We are located at**

907 Kennedy Memorial Dr, 04963 Oakland, Maine - United States (US)

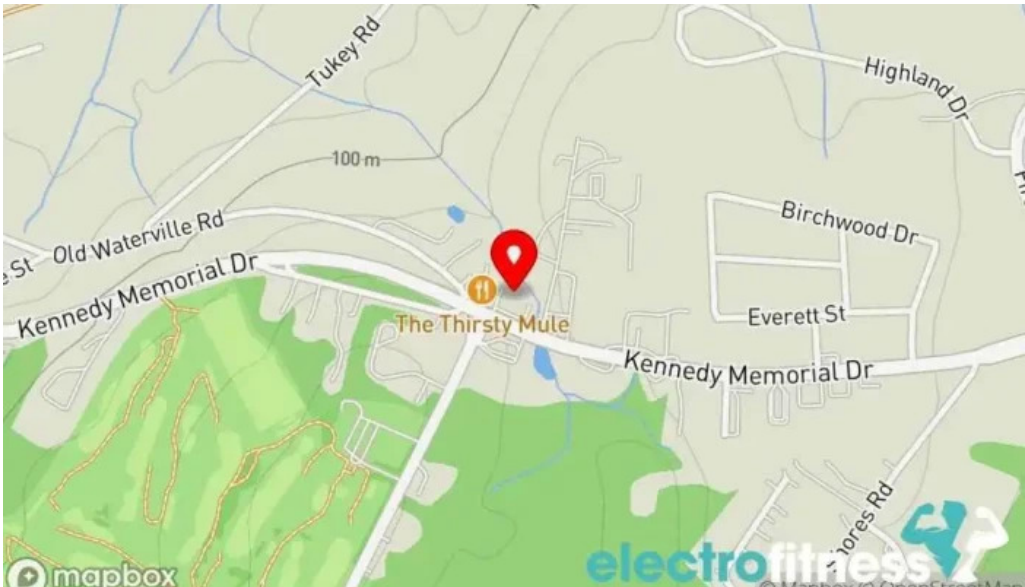
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## Images



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*Wheelchair-accessible car park, Accessibility*

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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
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
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