

alpha health club - Rockland

rockland

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Welcome to Alpha Health Club in Rockland, Massachusetts

If you're looking for a gym that offers an inclusive environment and top-notch facilities, look no further than **Alpha Health Club** in Rockland, Massachusetts. This gym not only focuses on physical fitness but also prioritizes **accessibility** for all its members.

Accessibility Features

Alpha Health Club features a **wheelchair-accessible entrance**, ensuring that everyone can enjoy a comfortable workout experience. Additionally, the **wheelchair-accessible car park** makes it easier for individuals with mobility challenges to access the gym without any hassle.

User Experience and Community Vibes

Many members have shared their positive experiences at Alpha Health Club. One member stated, "I have always despised the gym and have tried multiple times to get into it. That is until I got invited to attend Mauricio's class." This highlights the welcoming atmosphere where individuals feel included and supported.

The sense of community at Alpha is palpable. Members appreciate the non-judgmental environment, where they can focus on their fitness goals without fear of criticism. Comments like "the workouts fly by" and "the sensation you feel after leaving is something no other thing could provide to you" reflect the engaging nature of the classes offered.

Trainers Who Make a Difference

Professionalism and attention to detail are crucial at Alpha Health Club. Trainers like Mauricio are mentioned repeatedly for their excellent personalized training programs and motivational support. As one member shared, "He plans personalized workouts, corrects posture, and always encourages me to do my best." Such dedicated trainers lead to significant results, both physically and mentally.

Alongside Mauricio, kickboxing instructor Alex Pitbull brings his extensive background in martial arts, making classes exciting and disciplined. Members have praised his ability to transform lives through rigorous training and expertise in various combat sports.

A Fitness Journey Like No Other

Alpha Health Club is more than just a gym; it's a place where fitness meets enjoyment. One happy member commented, "I wouldn't trade it for anything! The environment is fun and welcoming, with incredible professionals." This sentiment highlights the gym's success in creating an enjoyable and motivating space for all.

Conclusion: Why Choose Alpha Health Club?

If you're seeking a gym that values accessibility, professionalism, and a welcoming atmosphere, look no further than Alpha Health Club in Rockland, Massachusetts. With its **wheelchair-accessible entrance** and

wheelchair-accessible car park, as well as dedicated trainers who genuinely care about your journey, you'll find everything you need to reach your fitness goals. Join the community today and experience the difference!

The business is situated at

16 Park St, 02370 Rockland, Massachusetts - United States (US)

The phone number of the mentioned **Gym** is +1203-417-7517

And if you want to send a WhatsApp, you can do so at +1203-417-7517

Our business hours are:

Day	Hours
Monday	5?AM–9:30?PM
Tuesday	5?AM–9:30?PM
Wednesday	5?AM–9:30?PM
Thursday	5?AM–9:30?PM
Friday	5?AM–9:30?PM
Saturday	5?AM–9:30?PM
Sunday	5?AM–9:30?PM

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Images



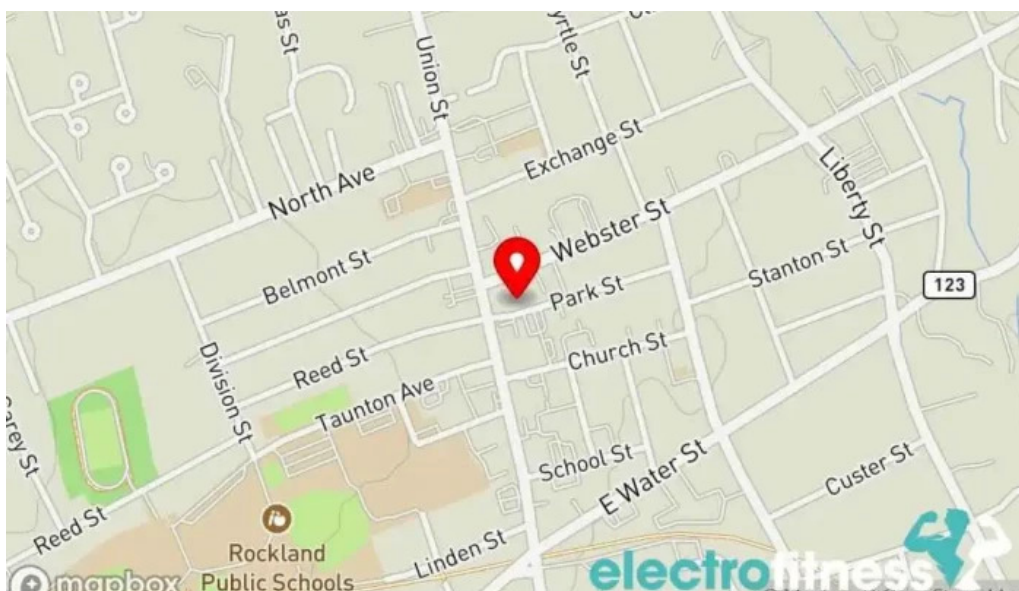
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Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park

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