

Cj Strength & Conditioning - Rockport

rockport



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Welcome to CJ Strength & Conditioning: A Gym for Everyone

CJ Strength & Conditioning located in Rockport, Maine, is more than just a gym; it's a thriving community that welcomes individuals of all fitness levels. With its ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, this facility ensures that everyone has access to exceptional training opportunities in a safe and inclusive environment.

Why Choose CJ Strength & Conditioning?

Visitors frequently praise the ****accessibility**** and welcoming atmosphere at CJ

Strength. From the moment you walk in, you are greeted with enthusiasm by coaches such as Chris and Becky, who are committed to helping you achieve your fitness goals. Their friendly demeanor sets the tone for the entire gym, making it easy for newcomers to feel at home.

Unparalleled Training Experience

At CJ Strength, every workout is designed to be both challenging and rewarding. Members appreciate the ****diversity of workout options****, ensuring that no two sessions are ever the same. Whether you're performing high-intensity training or focusing on strength building, the state-of-the-art equipment and expert coaching make each experience enjoyable. One member shared, "I dropped into this gym a few times while I was in the area on vacation... Chris was very attentive and helpful on my movements during the workout!" This reflects the personalized attention you can expect from the knowledgeable coaching staff.

A Community Like No Other

The sense of camaraderie at CJ Strength is palpable. As one visitor noted, "This isn't your average gym. This is a community. This is a family." The supportive environment encourages members to push themselves and celebrate each other's victories, regardless of individual fitness levels. Coaches Chris and Jack emphasize fostering a culture where every member feels valued and motivated. This is essential for both novice and experienced gym-goers. Many attendees have remarked on how they feel stronger, healthier, and happier since joining.

Clean, Safe, and Inviting Environment

Maintaining a clean and comfortable space is a priority for CJ Strength. The gym is consistently praised for its cleanliness and top-quality facilities. Members frequently comment on how the workout space creates an inviting atmosphere, enabling them to focus on their fitness journey.

Join the CJ Strength & Conditioning Family

If you're looking for a gym that combines excellent coaching, a supportive community, and a fully accessible environment, look no further than CJ Strength & Conditioning in Rockport, Maine. Whether you're a local resident or just visiting, this gym offers something for everyone. In the words of a satisfied member, "You won't regret it!" Make CJ Strength your go-to destination for fitness and be a part of a community that truly cares about your growth and success.

You can visit us at the address:

321 Commercial St, 04856 Rockport, Maine - United States (US)

We are available at these times:

Day Hours

Monday

Closed

Tuesday

Closed

Wednesday

6–7?AM 12–1?PM 4–5?PM 5:30–6:30?PM

Thursday

6–7?AM 9–10?AM 4–5?PM 5:30–6:30?PM

Friday

6–7?AM 9–10?AM 12–1?PM 4–5?PM 5:30–6:30?PM

Saturday

6–7?AM 9–10?AM 4–5?PM 5:30–6:30?PM

Sunday

6–7?AM 9–10?AM 12–1?PM 4–5?PM 5:30–6:30?PM

The website is [CJ Strength & Conditioning](#)

If necessary to update any detail that you believe is not correct about this portal, please send us a message so we can we will fix it quickly. Thank you in advance thanks for your cooperation.

Images



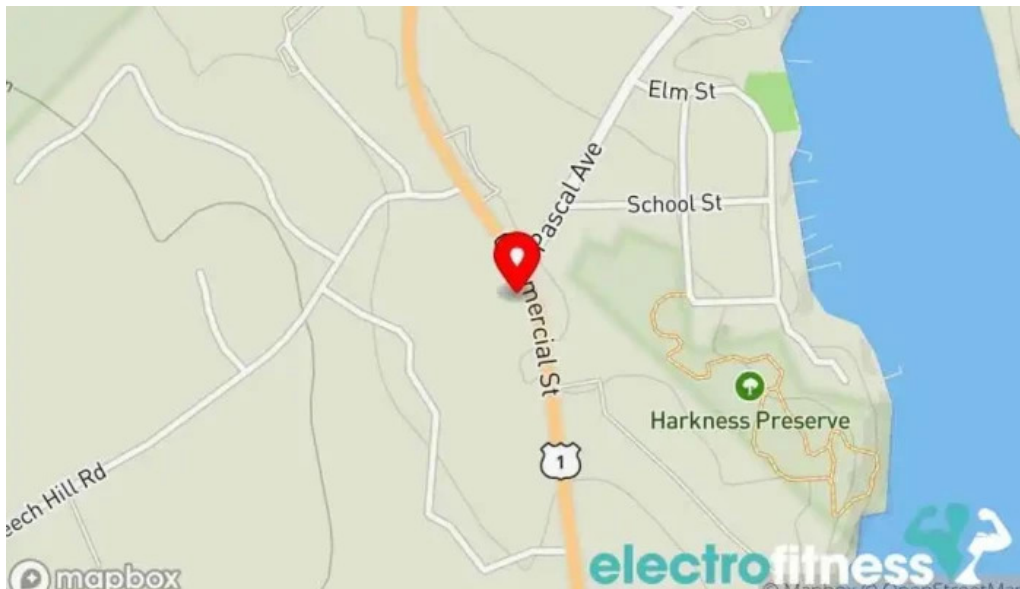
Cj strength conditioning videos



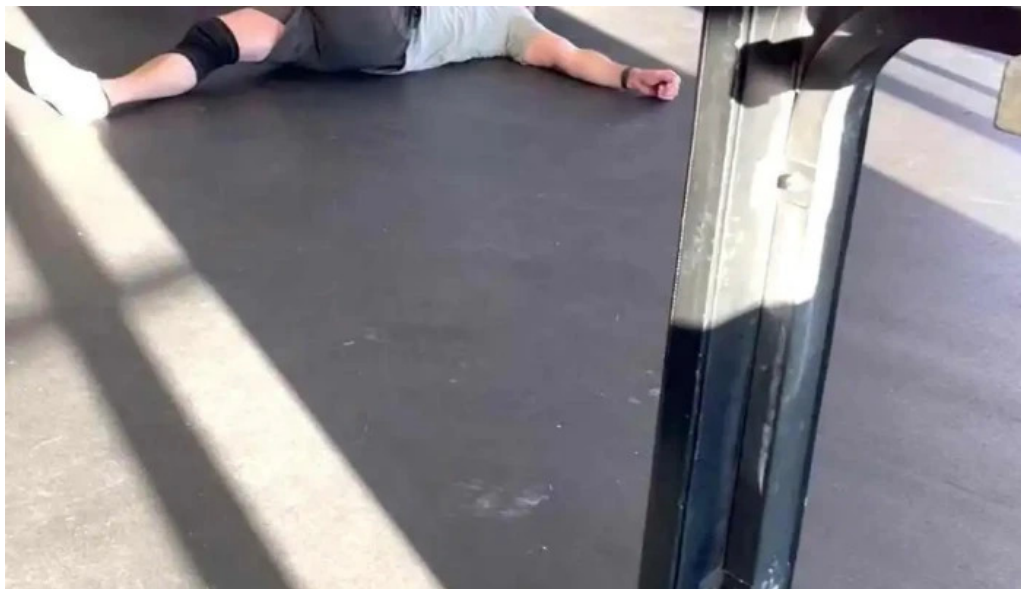
Cj strength conditioning street view 360deg



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Tags

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

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| amusement park ride |
| arena |
| association / organization |
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| 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 |

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| health food restaurant |
| health spa |
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| hotel |
| indoor cycling |
| jujitsu school |
| karate club |
| karate school |
| kennel |
| kickboxing school |
| kinesiologist |
| kinesiotherapist |
| martial arts club |
| martial arts school |
| massage therapist |
| meditation center |
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| nutritionist |
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| physical therapist |
| physical therapy clinic |
| pickleball court |
| pilates studio |
| private golf course |
| public educational institution |
| recreation center |
| rehabilitation center |
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| school district office |
| self defense school |
| shooting range |

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| 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 |
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