

Barbell Athletic - San Jose

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Welcome to Barbell Athletic: Your Inclusive Gym in San Jose, California

If you are looking for a gym that prioritizes inclusivity and community, **Barbell Athletic** is the perfect choice. Located in the heart of San Jose, this gym offers a welcoming atmosphere for everyone, regardless of their fitness level or background.

Accessibility Features

One of the standout features of Barbell Athletic is its **wheelchair-accessible entrance**. The gym is designed with accessibility in mind, ensuring that all members can enjoy their workout experience without barriers. Additionally, the facility boasts a **wheelchair-accessible car park**, making it convenient for those who require extra assistance.

Community and Ownership

Barbell Athletic proudly **identifies as Latino-owned**, which adds a unique and vibrant flair to the local fitness scene. From culturally relevant programming to a focus on community engagement, this gym stands out for its commitment to celebrating diversity.

Personalized Training Experience

Members rave about the quality of training at Barbell Athletic. Many have highly recommended working with **Jose and his team**, noting their fantastic ability to work with people of all types. From day one, clients feel welcomed and supported on their fitness journey.

In particular, Gilbert has been praised for his professionalism and expertise as a coach and personal trainer. His dedicated approach has earned him the title of the **best coach/personal trainer**, making him a sought-after resource for anyone looking to improve their fitness.

A Gem in the Neighborhood

As noted by many in the community, Barbell Athletic is not just any gym; it's considered the **best gym in the neighborhood**. With a focus on accessibility, inclusivity, and high-quality training, it truly embodies what a community-focused gym should be. If you're in the area, don't hesitate to reach out and see what makes Barbell Athletic the go-to fitness destination for so many.

Our establishment is located at

18 N First St, 95113 San Jose, California - United States (US)

The contact phone of this **Gym** is +1669-216-9263

And if you want to send a WhatsApp, you can do so at +1669-216-9263

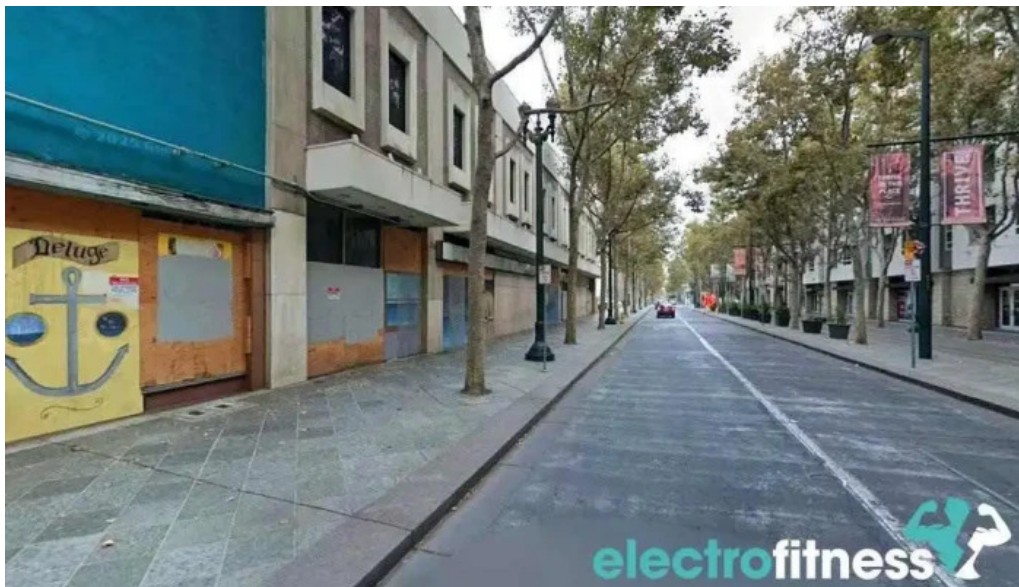
You can visit us at the following hours:

Day Hours
Monday
5:30?AM–9?PM
Tuesday
5:30?AM–8?PM
Wednesday
7?AM–12?PM
Thursday
Closed
Friday
5:30?AM–9?PM
Saturday
5:30?AM–9?PM
Sunday
5:30?AM–9?PM

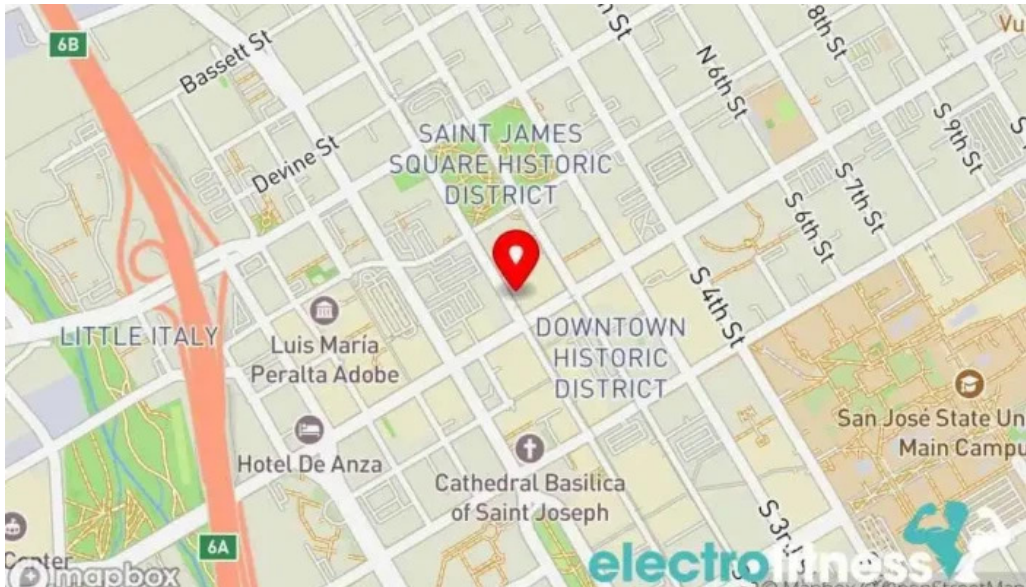
The website is [BARBELL ATHLETIC](#)

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Images



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Barbell athletic map



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Tags

Wheelchair-accessible entrance, Accessibility, Identifies as Latino-owned, From the business, Wheelchair-accessible car park

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cultural center
dance club
dance company
dance school
day spa
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disc golf course
discount store
dive shop
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fitness
fitness center
fitness equipment wholesaler
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golf instructor
grocery store
gun club
gym
gymnasium school

gymnastics center
gymnastics club
hair salon
health consultant
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health spa
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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
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public library
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recreation center
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resort hotel
restaurant
rock climbing
rock climbing gym
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weight loss service
weightlifting area
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