

## Red Dot Fitness - San Jose

san jose

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san jose

## Red Dot Fitness - San Jose

### Discover Red Dot Fitness: Your Premier Gym in San Jose, California

Red Dot Fitness stands out as a **\*\*LGBTQ+ friendly\*\*** exercise sanctuary in San Jose, offering an inclusive atmosphere for all individuals. This **\*\*women-owned\*\*** and **\*\*veteran-owned\*\*** gym provides an array of features that cater to a diverse clientele, ensuring that every member feels welcome and supported.

### Amenities That Enhance Your Experience

At Red Dot Fitness, accessibility is key. The gym boasts a

**\*\*wheelchair-accessible entrance\*\***, **\*\*wheelchair-accessible car park\*\***, and **\*\*wheelchair-accessible toilet\*\***, making it easy for all members to navigate the space. Additionally, the facility is equipped with **\*\*gender-neutral toilets\*\***, ensuring everyone has comfort and privacy. Members can enjoy well-maintained **\*\*showers\*\*** after their workouts, promoting a refreshing post-exercise experience. The cleanliness and attention to detail observed at Red Dot Fitness are frequently praised, contributing to an environment that feels safe and inviting.

## **A Welcoming Atmosphere for All**

The atmosphere at Red Dot Fitness is described as warm and welcoming. Many reviews highlight how staff members know regular clients by name, creating a sense of community that enhances the workout experience. **\*\*From the business\*\***, it's clear that building relationships is a priority, as trainers actively engage with members of all fitness levels—from beginners to seasoned athletes. Small group classes provide personalized attention, allowing trainers to correct movements and ensure proper technique, which is essential for achieving fitness goals.

## **Planning Your Fitness Journey**

Membership is required to access the high-quality resources and equipment available at Red Dot Fitness. Whether you are looking to lose weight, gain strength, or prepare for competitive sports, the knowledgeable staff is there to guide you through your fitness journey. Many clients express satisfaction with their progress under the capable leadership of coaches like CeCe and Scott, who tailor programs to fit individual needs and lifestyles.

## **Join the Crowd at Red Dot Fitness**

If you're searching for a gym that prioritizes personal coaching and group classes, look no further than Red Dot Fitness. With a focus on cleanliness, safety, and community, this gym is an exceptional choice for anyone looking to start or continue their fitness journey. With countless positive testimonials from satisfied members, it's evident that Red Dot Fitness is more than just a gym; it's a place where individuals can transform their lives in a supportive and motivating environment.

## **You can find us in**

850 The Alameda, 95126 San Jose, California - United States (US)

The phone of this **Gym** is +1408-242-9442

And if you want to send a WhatsApp, you can do so at +1408-242-9442

## Our opening hours are:

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–3?PM
Wednesday	7?AM–1?PM
Thursday	Closed
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is [Red Dot Fitness](#)

If you wish to update any detail that you believe is incorrect about this page, we kindly request send a message so we can we will adjust it at the earliest convenience. With anticipation we appreciate it.

## Images

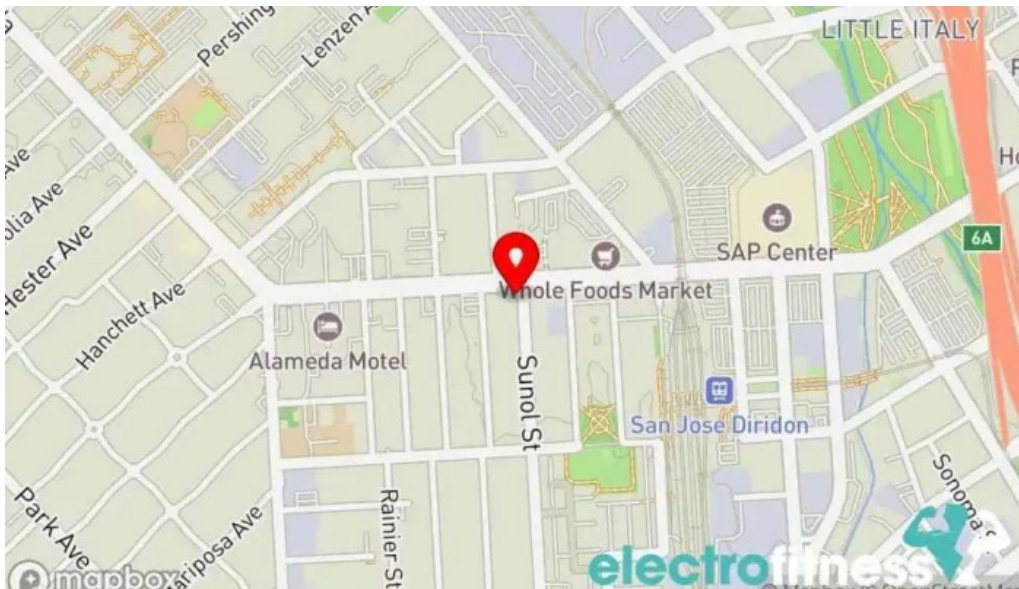


*Red dot fitness videos*





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## Tags

*Identifies as veteran-owned, Shower, LGBTQ+ friendly, Atmosphere, From the business, Toilet, Wheelchair-accessible entrance, Accessibility, Identifies as women-owned, Crowd, Gender-neutral toilets, Membership required, Amenities, Planning, Wheelchair-accessible toilet, Wheelchair-accessible car park*

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basketball court
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boot camp
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dance school
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hiking area
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hotel
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
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youth center
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