

The Garrison Gym - Ticonderoga

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The Garrison Gym - Ticonderoga

The Garrison Gym: The Ideal Fitness Destination in Ticonderoga, New York

If you're looking for a gym that combines accessibility, excellent equipment, and a welcoming atmosphere, **The Garrison Gym** should be at the top of your list. Located in Ticonderoga, New York, this gym offers everything you need for an effective workout.

Accessibility Features

The Garrison Gym prides itself on being highly accessible. With a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, it ensures that everyone, regardless of mobility challenges, can enjoy their fitness journey. This thoughtful planning allows individuals with disabilities to work out comfortably and confidently.

Your Perfect Workout Partner

Open 24/7, The Garrison Gym provides flexibility for all gym-goers. Whether you're an early bird or a night owl, this gym is here to accommodate your schedule. Many members appreciate the convenience of **membership required** access, ensuring that you can come in at any hour to meet your fitness goals.

The Equipment and Atmosphere

The gym features a solid selection of equipment, including good, old-school iron gear. Visitors have noted that it's easy to use and perfect for getting a solid lift while on vacation. The atmosphere is described as comfortable, making it an ideal choice for first timers. As one patron mentioned, "This place has all you need and is open 24/7."

Community Feel and Support

The owners, Myka and Eain, are known for their exceptional customer service and expertise. Members feel welcomed and supported due to their friendly and knowledgeable approach. Many say, "Great gym, great owners; highly recommend!"

Why Choose The Garrison Gym?

24-hour access for all workout schedules. A wide variety of equipment to target all muscle groups. A strong community vibe that makes you feel at home. Wheelchair accessibility ensures inclusivity for all members. In conclusion, whether you're a local or just visiting Ticonderoga, **The Garrison Gym** is a hidden gem worth discovering. With its dedicated staff, excellent facilities, and inclusive atmosphere, it's the perfect place to achieve your fitness goals.

You can find us at

9 Maplewood Ln, 12883 Ticonderoga, New York - United States (US)

The contact phone of this **Gym** is +1518-586-1969

And if you want to send a WhatsApp, you can do so at [+1518-586-1969](https://www.whatsapp.com/business/profile/15185861969)

Our business hours are:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

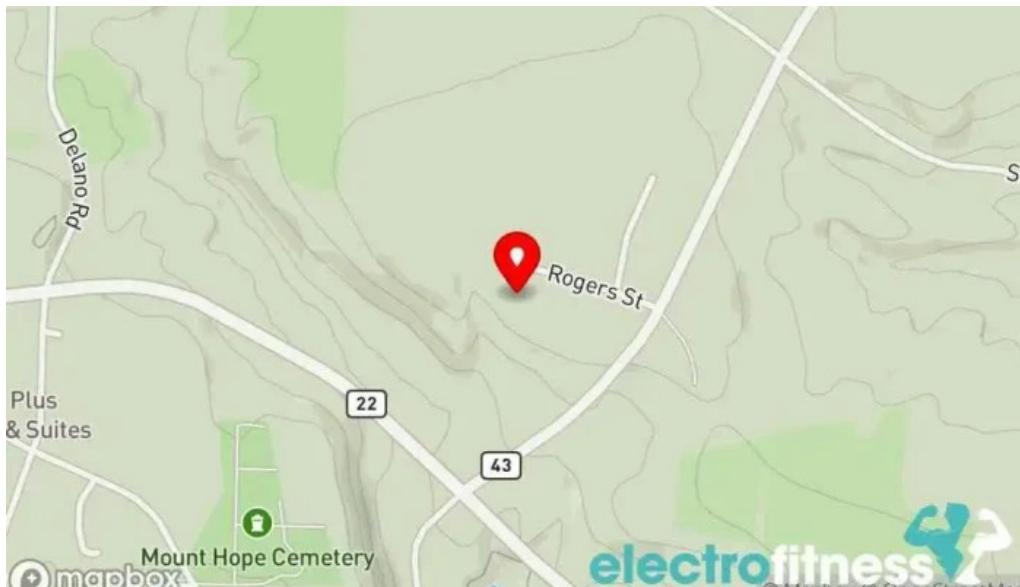
The website is [The Garrison Gym](https://www.thegarrisongym.com)

If necessary to change any element that you think is not precise regarding this web, please forward a message so we can we will correct it promptly.
Thanks beforehand we appreciate it.

Images



The garrison gym ticonderoga



The garrison gym map



The garrison gym gym



The garrison gym by owner



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Tags

Wheelchair-accessible car park, Accessibility, Membership required, Wheelchair-accessible entrance, Planning

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| nutritionist |
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| physical fitness program |
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| rehabilitation center |
| rock climbing gym |
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| shooting range |
| shopping mall |
| 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 |
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