

## Iron Bear Strength and Conditioning - Valley Springs

valley springs



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*valley springs*

## *Iron Bear Strength and Conditioning - Valley Springs*

### Welcome to Iron Bear Strength and Conditioning

Located in Valley Springs, California, **\*\*Iron Bear Strength and Conditioning\*\*** stands out as a premier CrossFit gym that prioritizes inclusivity and community engagement. With a focus on **\*\*accessibility\*\***, this gym ensures that everyone can benefit from its offerings, making it a welcoming space for all.

### Accessibility Features

Iron Bear is designed with an emphasis on **\*\*accessibility\*\*** for all members.

The gym features a **\*\*wheelchair-accessible car park\*\***, ensuring convenience for those who use wheelchairs. Additionally, the **\*\*wheelchair-accessible entrance\*\*** provides easy access, making the gym a comfortable environment for everyone.

### **A Friendly and Inclusive Environment**

At Iron Bear, the culture is built on support and encouragement. As many reviews highlight, the atmosphere is low-pressure and welcoming, ideal for beginners and seasoned athletes alike. The gym is also recognized as an **\*\*LGBTQ+ friendly\*\*** space, offering a **\*\*transgender safe space\*\*** where individuals can feel secure and accepted.

### **Expert Coaches and Personalized Workouts**

Members rave about the expertise of the coaching staff. Coaches Nils, Aaron, and Elizabeth are noted for their dedication to each person's journey, providing expertly crafted workouts tailored to various fitness levels. Whether you're a newcomer or an experienced athlete looking for a challenge, you'll find the coaching here invaluable.

### **A Community Like No Other**

The sense of belonging at Iron Bear is palpable. Many members describe the gym as a family, where everyone motivates each other to achieve their fitness goals. This supportive community encourages members to push their limits while ensuring they feel safe and valued.

### **Results-Driven Approach**

Members consistently report significant progress in their fitness levels. One member shared, "I am stronger, healthier, and love the atmosphere," emphasizing the effectiveness of the workouts and the positive influence of the community. Iron Bear not only helps in building strength but also cultivates a lifestyle focused on health and well-being.

### **Why Choose Iron Bear?**

If you're searching for a gym that combines expert coaching, a supportive community, and accessibility, look no further than Iron Bear Strength and Conditioning. With reasonable prices and a commitment to fostering a positive environment, it's clear why so many consider it the best gym in town. Whether you're just starting your fitness journey or looking to elevate your training, Iron Bear is equipped to help you every step of the way. Come experience the difference!

### **The premises are located at**

94 Main St, 95252 Valley Springs, California - United States (US)

The phone of the respective **Gym** is +1209-304-4726

And if you want to send a WhatsApp, you can do so at +1209-304-4726

### **Our service hours are:**

Day Hours

Monday  
9–11?AM

Tuesday

*Closed*

Wednesday

5–9:30?AM 4–6?PM

Thursday

5–9:30?AM

Friday

5–9:30?AM 4–6?PM

Saturday

5–9:30?AM

Sunday

5–9:30?AM 4–6?PM

The website is Iron Bear Strength and Conditioning

If you require to adjust any element that you consider is not accurate regarding this site, we urge you to deliver a message so that we will adjust it promptly. Thanks beforehand thanks.

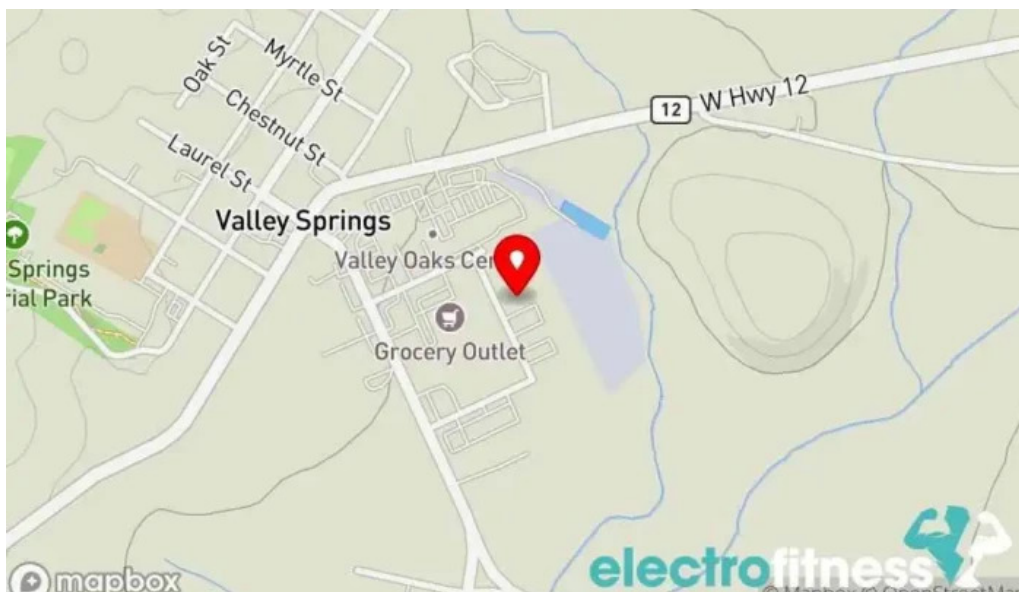
### **Images**



*Iron bear strength and conditioning valley springs*



*Iron bear strength and conditioning street view 360deg*



*Iron bear strength and conditioning map*





*Iron bear strength and conditioning gym*



*Iron bear strength and conditioning exercise machine*



*Iron bear strength and conditioning by owner*



*Iron bear strength and conditioning all*

## Tags

*LGBTQ+ friendly, Accessibility, Wheelchair-accessible car park, Crowd, Wheelchair-accessible entrance, Transgender safe space*

## Related content

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**4.9 \*** *Iron House Strength & Conditioning - Hermitage*

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**5.0 \*** *East Valley Strength and Conditioning - Chandler*

<b>4.6 *</b>	<i>Springs Athletics - Miami Springs</i>
<b>4.9 *</b>	<i>Ephrata Strength and Conditioning - Lititz</i>
<b>5.0 *</b>	<i>Cj Strength &amp; Conditioning - Rockport</i>
<b>5.0 *</b>	<i>Carbon Strength &amp; Conditioning - Littleton</i>
<b>5.0 *</b>	<i>Community Fitness of Siloam Springs(CFSS) - Siloam Springs</i>
<b>4.7 *</b>	<i>Atl Fitness 24/7 Sandy Springs - Sandy Springs</i>
<b>5.0 *</b>	<i>Arms To Bear Security Specialists - Klamath Falls</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple

cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor



grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
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
pain control clinic

park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store

sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization