

Iron Ship Fitness - West Bath

west bath

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Iron Ship Fitness - West Bath

Discover Iron Ship Fitness: A Unique Gym Experience in West Bath, Maine

Iron Ship Fitness is not just any gym; it's a fantastic CrossFit destination located in the picturesque town of West Bath, Maine. Perfect for both locals and visitors, this facility offers an array of **on-site services** designed to cater to all fitness levels.

Welcoming Atmosphere

Visitors are consistently impressed by the warm and welcoming environment at Iron Ship Fitness. As one patron noted, "everyone works hard with a smile while

they are doing it.” The supportive atmosphere makes it easy for anyone to feel at home, whether you’re a seasoned athlete or new to CrossFit. Coaches like Evan and Tina are known for their encouragement and expertise, making workouts enjoyable even during the most challenging sessions.

Accessibility at Iron Ship Fitness

Iron Ship Fitness prides itself on being inclusive, featuring a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. This level of **accessibility** ensures that everyone can join the community, regardless of physical ability. Individuals looking for a welcoming space can feel confident knowing that Iron Ship Fitness is committed to accommodating all members.

Planning Your Visit

If you’re considering a visit to Iron Ship Fitness, keep in mind that an **appointment is required** for drop-in workouts. This system helps maintain a structured environment and guarantees personalized attention from coaches. Visitors have been thrilled with their experiences, often expressing enthusiasm about returning during future trips to the Bath area.

Online Classes & Service Options

To complement its in-person offerings, Iron Ship Fitness also provides **online classes**. This flexibility allows members to stay active even when they cannot make it to the gym. With various **service options**, including tailored workout plans, Iron Ship Fitness caters to individual needs, ensuring everyone finds the right fit for their fitness journey.

A Community Like No Other

The camaraderie among members is a standout feature of Iron Ship Fitness. Patrons rave about the positive energy and supportive environment, where everyone encourages one another to push through their workouts. This kind of community spirit is infectious, motivating participants to return time and again.

Conclusion

Whether you’re visiting West Bath for a weekend getaway or looking for a new training ground, Iron Ship Fitness should be at the top of your list. From its **accessible facilities** to its friendly coaches and vibrant community, this gym is a gem that deserves attention. Don’t hesitate—plan your visit today and experience the welcoming atmosphere for yourself!

You can visit us at the address:

16 Industrial Way, 04530 West Bath, Maine - United States (US)

The contact phone of said **Gym** is +1207-522-5579

And if you want to send a WhatsApp, you can do so at +1207-522-5579

We are available at these times:

Day Hours

Monday
7?AM–7:30?PM

Tuesday
7?AM–7:30?PM

Wednesday
8?AM–4:30?PM

Thursday
Closed

Friday
7?AM–7:30?PM

Saturday
7?AM–7:30?PM

Sunday
7?AM–7:30?PM

The website is [Iron Ship Fitness](#)

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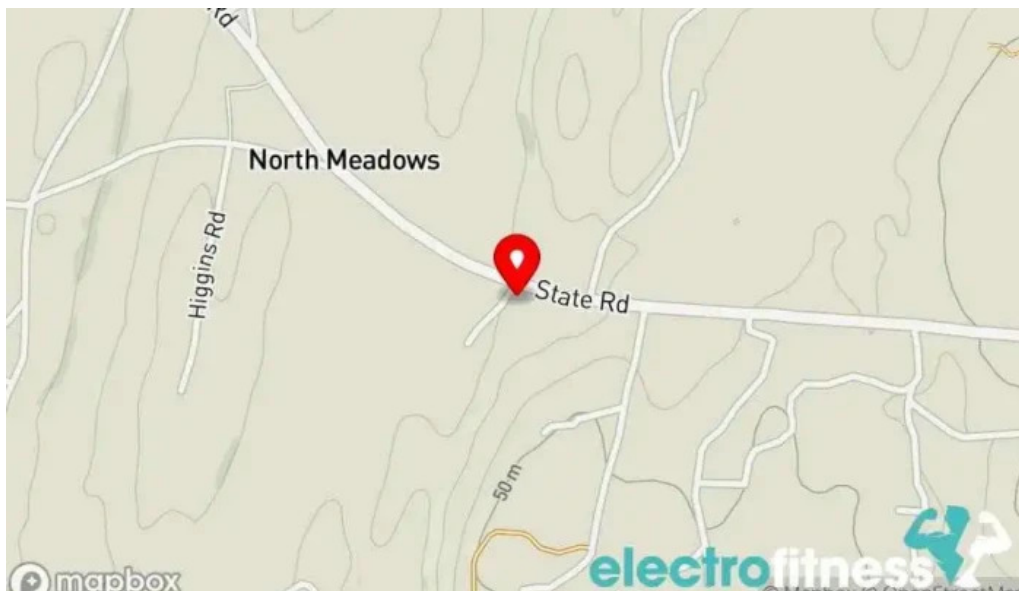
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Iron ship fitness map



Iron ship fitness gym



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Tags

Service options, Wheelchair-accessible car park, Accessibility, Planning, Appointment required, On-site services, Online classes, Wheelchair-accessible entrance

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