

Fitness 19 - West Mifflin

west mifflin



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Fitness 19: A Community Gym in West Mifflin, Pennsylvania

Fitness 19 in West Mifflin is more than just a gym; it's a community destination where individuals can achieve their fitness goals in a welcoming atmosphere. With its strong emphasis on **on-site services**, this gym offers everything from personal trainers to group classes, making it an ideal choice for everyone, regardless of their fitness level.

Accessibility and Service Options

One of the significant advantages of Fitness 19 is its commitment to **accessibility**. The gym features a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that all members can utilize the facilities without difficulty. This focus on inclusivity helps to foster a diverse community of fitness enthusiasts.

Planning Your Membership

For those looking to join, it's important to note that a **membership is required** to access the gym's facilities. Fitness 19 offers various service options that cater to different fitness needs, from individual training sessions to diverse class offerings. The affordability of a monthly plan—often around \$10—makes it an attractive option for many.

A Welcoming Atmosphere

Many members appreciate the clean and friendly environment at Fitness 19. Feedback from gym-goers suggests that the atmosphere is both welcoming and supportive. Positive interactions with staff and fellow members create a sense of camaraderie that motivates individuals to reach their fitness aspirations. As one member noted, “It’s like working out with family.”

Equipment and Facilities

Fitness 19 is equipped with a comprehensive range of fitness equipment. Members have access to high-quality machines, free weights, and various cardio options. Additionally, the gym has specialized features like tanning beds, red light therapy, and massage beds—which many members find beneficial for recovery.

Group Classes and Community Engagement

The gym provides numerous group classes that encourage participation and engagement. From Zumba to strength training, these classes not only enhance fitness levels but also foster community bonds among members. As reported by several users, the instructors are talented and genuinely care about helping members improve their health, contributing to a motivating environment.

Conclusion

Fitness 19 in West Mifflin, Pennsylvania, stands out as a community-focused gym that values accessibility, cleanliness, and a friendly atmosphere. With its excellent **on-site services** and dedicated staff, it is an excellent choice for

anyone looking to embark on or further their fitness journey. Whether you're a seasoned athlete or a beginner, this gym is designed to help you succeed!

Our premises are located at

1300 Hoffman Blvd, 15122 West Mifflin, Pennsylvania - United States (US)

The phone of the mentioned **Gym** is +1412-462-1900

And if you want to send a WhatsApp, you can do so at +1412-462-1900

Visit us during the following hours:

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 Fitness 19

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Images



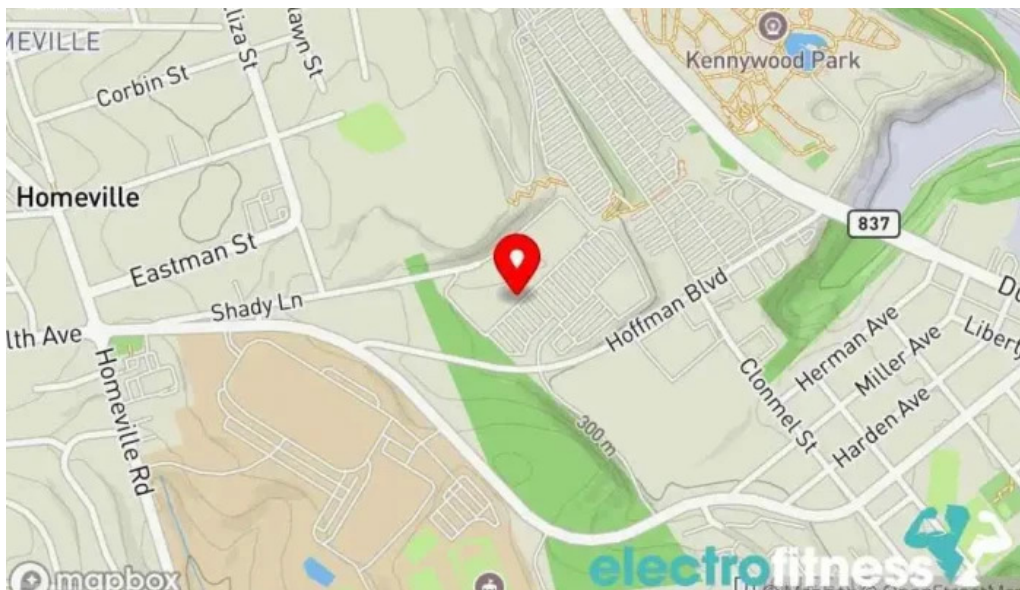
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Wheelchair-accessible entrance, Accessibility, On-site services, Service options, Membership required, Wheelchair-accessible car park, Planning

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