

Belmars - White Plains

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Belmars - White Plains

Belmars Gym: A Black-Owned Fitness Community in White Plains, NY

If you are looking for a gym that combines the art of boxing with a supportive community atmosphere, look no further than ****Belmars Gym**** in White Plains, New York. This gym not only identifies as ****Black-owned****, but it also stands out for its commitment to inclusivity and accessibility.

Membership Required

Gaining access to the exceptional services offered at Belmars requires a membership. The atmosphere is inviting, ensuring that individuals of all

backgrounds and fitness levels feel welcome. This commitment to diversity is evident in the mix of ages, genders, and skill levels participating in various classes.

From the Business

Belmars offers an array of classes ranging from boxing to Muay Thai, kettlebell training, and even Zumba. According to numerous testimonials, the ****on-site services**** provided by experienced trainers like Peter Belmar create a motivational environment where everyone can thrive. Members have shared how the instructors take time to cater to individual needs, thereby enhancing their workout experience.

Accessibility Matters

Belmars Gym prioritizes accessibility, featuring a ****wheelchair-accessible car park**** to ensure that everyone can join the fitness journey without barriers. The spacious facility is designed to accommodate all members, making it a welcoming space for anyone interested in improving their physical fitness.

Service Options and Planning Ahead

With a solid mix of group classes and private training options, Belmars allows members to tailor their workout plans according to personal fitness goals. Whether you're interested in mastering your boxing technique or engaging in a high-intensity workout, the variety of ****service options**** ensures there's something for everyone. Members appreciate the opportunity to either push themselves in group settings or focus on individual improvement through personalized training sessions.

Community Spirit

The camaraderie at Belmars is palpable, with many members commenting on the friendly and respectful environment. Participants have highlighted the importance of feeling comfortable and challenged, particularly for women seeking a supportive space to train. This sense of community fosters a unique dynamic where everyone is encouraged to reach their full potential.

A Commitment to Education and Growth

Belmars isn't just about physical fitness; it's also dedicated to educating its members on the nuances of boxing and martial arts. Many have noted how the instructors emphasize technique and personal growth over traditional methods, leading to a more enriching training experience. The environment encourages learning new self-defense techniques, enabling members to feel empowered both inside and outside the gym.

Conclusion

Belmars Gym stands out as a premier choice for anyone in White Plains

looking to engage with a diverse community while enhancing their fitness journey. With a focus on ****accessibility****, ****personal growth****, and a positive gym culture, this establishment is dedicated to helping each member achieve their desired goals. Whether you're just starting out or looking to hone your skills, Belmars offers the support you need to succeed.

The premises are located at

5 Prospect Ave, 10607 White Plains, New York - United States (US)

The phone of this **Gym** is +1914-426-0359

And if you want to send a WhatsApp, you can do so at +1914-426-0359

Our service hours are:

Day	Hours
Monday	11?AM–3?PM
Tuesday	5:30–9?PM
Wednesday	10:30?AM–12:30?PM 5:30–9?PM
Thursday	4–9?PM
Friday	10:30?AM–12:30?PM 5:30–9?PM
Saturday	5:30–8?PM
Sunday	8?AM–2?PM

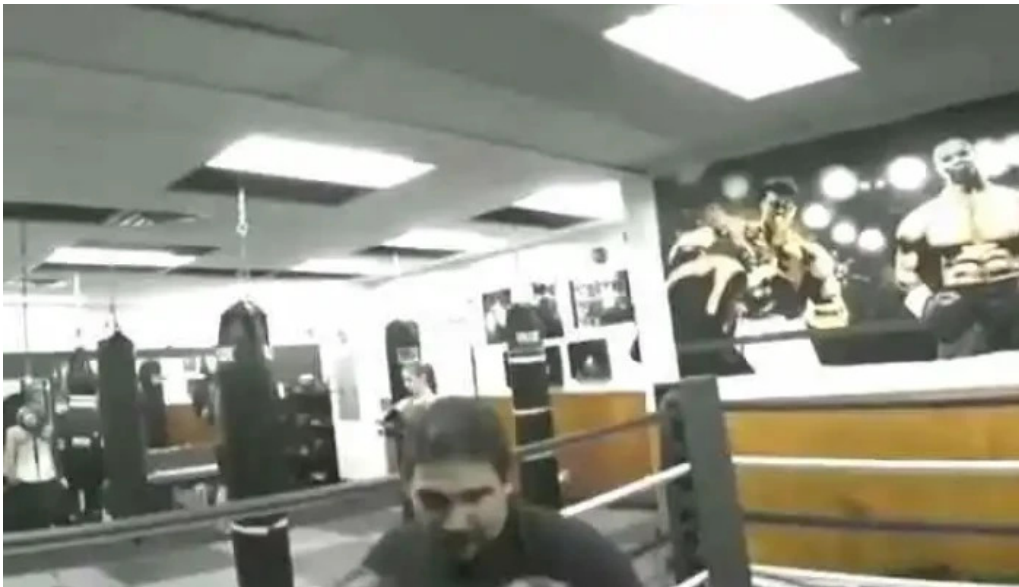
The website is Belmars

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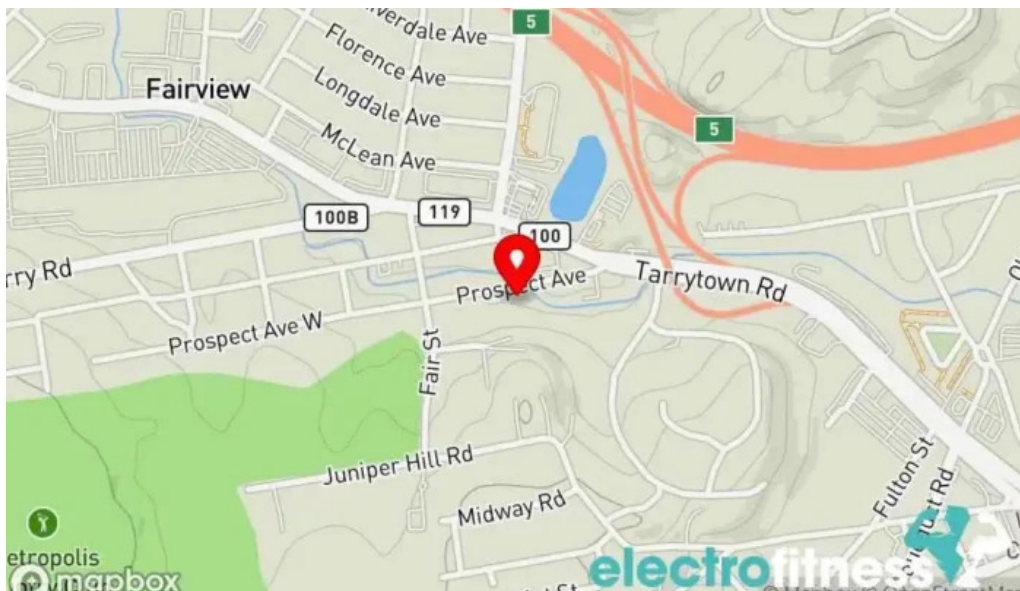
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Tags

On-site services, Membership required, Planning, Accessibility, Wheelchair-accessible car park, Service options, From the business, Identifies as Black-owned

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