

New York Sports Club - White Plains

white plains

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white plains

New York Sports Club - White Plains

Discovering New York Sports Club in White Plains, NY

The **New York Sports Club** located in White Plains is a popular destination for fitness enthusiasts of all levels. This gym offers numerous **amenities** that appeal to individuals and families alike, making it an inviting space for everyone.

Amenities and Offerings

Members can take advantage of various **on-site services**, including a

well-maintained **swimming pool**, a vibrant basketball court, and modern weight training equipment. The gym provides **child care** options, which is a significant plus for parents seeking to maintain their fitness while ensuring their children are safe and engaged. Additionally, it features a **sauna** for relaxation post-workout and a **wheelchair-accessible entrance** along with appropriate **wheelchair-accessible seating** throughout the facility, promoting **accessibility** for all members.

Inclusivity and Atmosphere

The atmosphere at NYSC White Plains is generally positive and welcoming. The gym prides itself on being a **LGBTQ+ friendly** and **transgender safe space**, fostering an inclusive environment where everyone can feel comfortable to pursue their fitness goals. Alongside a diverse crowd of members, the staff contributes to this uplifting ambiance, with many reviews praising their helpfulness and friendliness.

Membership Insights

While a **membership is required** to access most of the amenities, the membership process has faced its share of critiques. Some potential members have reported issues with guest passes, leading to confusion and frustration at the front desk regarding pricing and access. Despite these challenges, many current members highlight the effective group classes and knowledgeable trainers, indicating a better experience once part of the community.

General Feedback from Members

Reviews suggest that while the gym has extensive offerings, maintenance can be an ongoing concern. Complaints about broken machines, cleanliness in locker rooms, and insufficient repair of fixtures like the sauna and steam room have surfaced frequently. Members have expressed dissatisfaction about the gym's failure to address these issues promptly, which can detract from the otherwise positive experience.

On a brighter note, many members rave about specific classes led by enthusiastic instructors. For instance, Zumba classes with AnnMarie Hunter and spin sessions with Dave receive glowing remarks for their energy and effectiveness, showcasing that when the gym is running smoothly, it can provide an exceptional workout experience.

Conclusion

New York Sports Club in White Plains presents a mix of potential and pitfalls. With its strong focus on **accessibility** and **community inclusivity**, along with a

wide range of **offerings**, it appeals to a broad demographic. However, interested individuals should weigh experiences concerning customer service and facility maintenance before joining. As the gym continues to evolve, it remains a noteworthy choice for fitness enthusiasts in the area.

You can come to our business at

4 City Pl, 10601 White Plains, New York - United States (US)

The phone number of the respective **Gym** is +1914-428-2020

And if you want to send a WhatsApp, you can do so at +1914-428-2020

Our public attention hours are:

Day	Hours
Monday	7?AM–5?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	5?AM–10?PM
Saturday	5?AM–9?PM
Sunday	7?AM–6?PM

The website is New York Sports Club

If you need to modify any detail that you think is not correct regarding this portal, we urge you to deliver a message so that we will handle it quickly. Thank you in advance we appreciate it.

Images



New york sports club white plains



New york sports club videos



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New york sports club number



New york sports club map



New york sports club instagram

April 12th to April 16th, 2021
week, guests who live within 5
s of the club and haven't been
in the past 6 months can receive a
pass. The pass expires 7 days
of issue. [🔗](#)

New york sports club gym



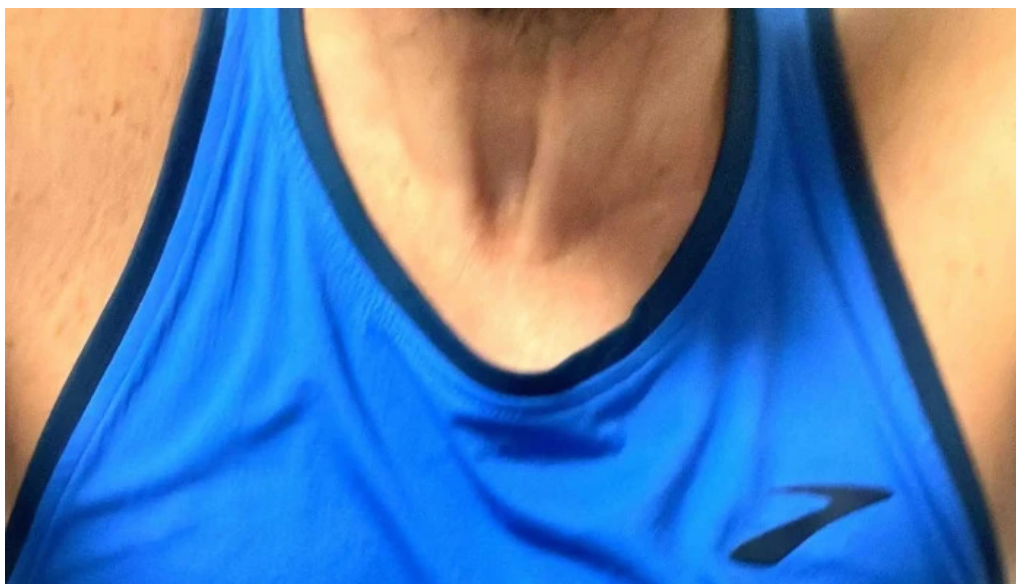
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Tags

Service options, Swimming pool, Transgender safe space, Shower, Child care, Membership required, On-site services, Amenities, LGBTQ+ friendly, Sauna, Wheelchair-accessible entrance, Atmosphere, Wheelchair-accessible car park, Accessibility, Wheelchair-accessible seating, Crowd, Basketball court, Planning, Offerings

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rock climbing gym
rv park
sauna
school
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self defense school
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