

Ufc Gym White Plains - White Plains

white plains

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UFC Gym White Plains: A Fitness Haven

UFC Gym White Plains, located in the heart of White Plains, New York, is more than just a fitness center; it's a community designed for everyone. With a focus on inclusivity, the gym proudly identifies as women-owned and LGBTQ+ friendly, making it an inviting place for all individuals.

Exceptional Amenities

The gym boasts a range of top-notch ****amenities**** that cater to various fitness needs. From an extensive selection of fitness classes, including boxing, DUT,

and circuit training, to unique offerings such as Jiu-Jitsu 1-on-1 classes, members can find something that excites them. The addition of a **swimming pool** enhances the workout experience, appealing to those who prefer water-based activities.

Accessibility Features

UFC Gym White Plains prioritizes **accessibility**, featuring a **wheelchair-accessible entrance** and **car park**, ensuring ease of access for all members. The inclusion of gender-neutral toilets further demonstrates the gym's commitment to providing an inclusive environment.

Online Classes and Planning

In response to the growing demand for flexibility, UFC Gym offers **online classes**, allowing members to stay engaged and motivated from the comfort of their homes. This service option has become crucial for those navigating busy schedules or preferring at-home workouts.

A Welcoming Community

With a reputation for being a safe space, UFC Gym fosters a welcoming atmosphere. The crowd is diverse, with members of varying ages and fitness levels. The facility's cleanliness and the exceptional staff—many of whom have experience as fighters—create a supportive and inspiring training environment.

On-Site Services

The gym provides comprehensive **on-site services**, making it convenient for busy individuals seeking to incorporate fitness into their daily routines. Members often praise the knowledgeable instructors, such as Paul E and other dedicated trainers, who are committed to helping each individual achieve their fitness goals.

Family-Friendly Options

Families can also benefit from the gym's fantastic kids' program, which engages children of all ages in physical activity. Parents have noted the positive experiences their children have while participating in various classes, making UFC Gym a great choice for family fitness.

Member Experience and Feedback

While many members rave about their experiences, noting the great classes and exceptional trainers, there have been mixed reviews regarding billing issues. However, the overall sentiment remains positive, with members appreciating the gym's community vibe and atmosphere.

Conclusion

In summary, UFC Gym White Plains stands out with its array of amenities, commitment to accessibility, and a welcoming environment for all. Whether you

are looking for challenging workouts, family-friendly options, or simply a place to get fit, this gym promises an exceptional experience that is hard to match. Membership is required, but the value offered through the variety of services and community spirit makes it a worthwhile investment.

You can find us at

25 S Broadway, 10601 White Plains, New York - United States (US)

The contact line of the mentioned **Gym** is +1914-285-1832

And if you want to send a WhatsApp, you can do so at +1914-285-1832

We are available at these times:

Day	Hours
Monday	9?AM–1?PM
Tuesday	7?AM–9?PM
Wednesday	7?AM–8?PM
Thursday	7?AM–9?PM
Friday	7?AM–8?PM
Saturday	7?AM–8?PM
Sunday	8?AM–1?PM

The website is UFC GYM White Plains

If you need to change any data that you think is not precise about this portal, we kindly request deliver a message so we can we will handle it promptly. Thank you in advance thanks for your cooperation.

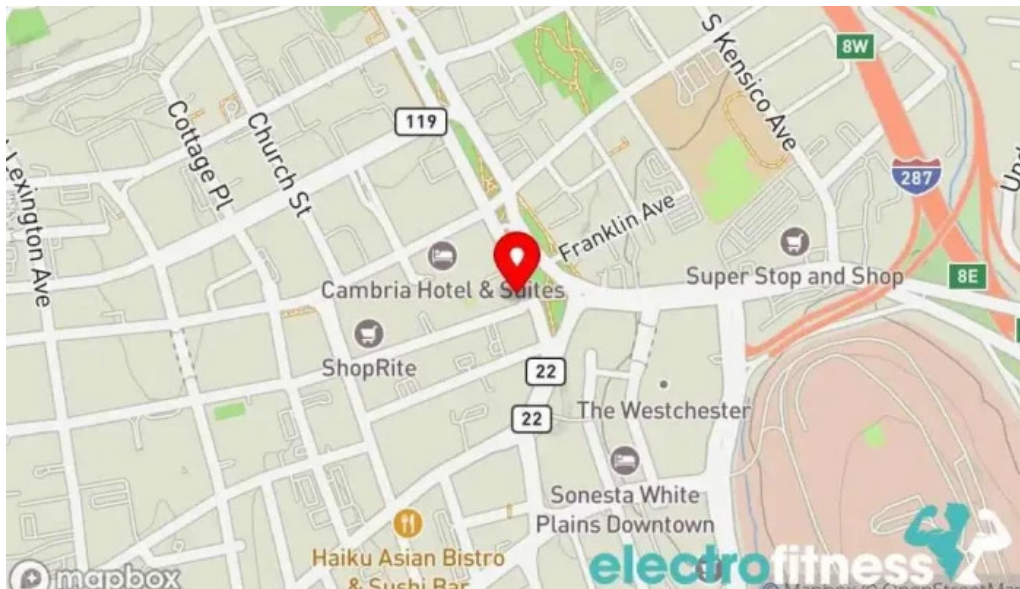
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Tags

Planning, Swimming pool, Wheelchair-accessible entrance, Gender-neutral toilets, Accessibility, Identifies as women-owned, Wheelchair-accessible car park, On-site services, From the business, Crowd, Online classes, Outdoor services, Amenities, Service options, Membership required, LGBTQ+ friendly

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