

Misfit Gym Windham - Windham

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Discover Misfit Gym Windham: A Fitness Community for Everyone

Misfit Gym Windham, located in the heart of Windham, Maine, is not just any gym; it's a thriving community designed to support individuals on their fitness journey. With a focus on inclusivity and accessibility, this gym has become a second home for many, especially those who might have faced challenges in traditional gym environments.

Membership Required: Join the Family

To fully enjoy all that Misfit Gym has to offer, a ****membership is required****.

This membership opens the door to personalized training, a variety of classes, and an environment that feels more like family than a workout space.

Accessibility: A Commitment to All

Misfit Gym is dedicated to being accessible to everyone. The facility features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that all members can navigate the gym with ease. This commitment to accessibility allows everyone, regardless of their physical capabilities, to participate in the vibrant community.

Experience Top-Notch Coaching

At the heart of Misfit Gym Windham are its incredible coaches. With years of experience and a genuine passion for helping others, they provide individualized attention and guidance. As one member stated, "The coaches are amazing - extremely knowledgeable and easy to work with." Whether you are a beginner or a seasoned athlete, the coaching staff is there to help you challenge yourself and achieve your fitness goals.

Community Spirit: More Than Just a Gym

What sets Misfit Gym apart is its strong sense of community. Reviews consistently highlight the camaraderie among members, with many referring to each other as family. One member shared, "Everyone is so friendly and encouraging," emphasizing how the support from fellow gym-goers enhances the overall experience.

Sweaty Saturdays: A Unique Offering

One of the most popular features at Misfit Gym is the ****Sweaty Saturday**** classes, which are free for everyone. These sessions allow newcomers to experience the vibrant atmosphere without any commitment. As many reviews note, participating in these classes is often the first step toward joining the community, with members quickly getting hooked on the energy and support.

A Place for All Fitness Levels

Whether you're just starting out or looking to take your training to the next level, Misfit Gym welcomes everyone. The workouts are designed to be scalable, meaning they can be adjusted to fit various skill levels. Members have reported significant improvements in strength, endurance, and flexibility, underscoring the effectiveness of the training programs offered here.

Conclusion: Your Fitness Journey Starts Here

If you're searching for a place that combines excellent coaching, community support, and accessibility, look no further than Misfit Gym Windham. With a commitment to helping every individual reach their potential, this gym is more than just a fitness facility; it's a supportive community where friendships are

forged, and new challenges are embraced. Join today and discover the transformative power of fitness!

We are at

759 Roosevelt Trail, 04062 Windham, Maine - United States (US)

The phone number of the mentioned **Gym** is +1207-400-5967

And if you want to send a WhatsApp, you can do so at +1207-400-5967

Our opening hours are:

Day Hours
Monday
5?AM–8:30?PM
Tuesday
5?AM–6?PM
Wednesday
6?AM–12?PM
Thursday
7?AM–10?PM
Friday
5?AM–8:30?PM
Saturday
5?AM–8:30?PM
Sunday
5?AM–8:30?PM

The website is Misfit Gym Windham

If you require to update any information that you feel is not precise about this site, we urge you to deliver a message so that we will adjust it as soon as possible. With anticipation thank you very much.

Images



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Misfit gym windham street view 360deg



Misfit gym windham map



Misfit gym windham gym



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Tags

Planning, Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility, Membership required

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