

Ontario Health & Fitness - Pulaski

pulaski



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pulaski

Ontario Health & Fitness - Pulaski

Discover Ontario Health & Fitness in Pulaski, New York

If you're searching for an exceptional massage experience along with a welcoming fitness environment, look no further than **Ontario Health & Fitness** in Pulaski, New York. This facility is not just about working out; it offers a holistic approach to health and wellness that includes top-notch massage therapy services.

Amazing Massage Therapy Experiences

One standout feature of Ontario Health & Fitness is the talented **massage therapist**, Ruth Youngs LMT. Visitors rave about her exceptional skills and healing energy. Many guests have shared their awe after experiencing one of her massages, describing it as the best they've ever had. After a long trip, one visitor recounted feeling completely rejuvenated and ready for vacation after their session with Ruth. If relaxation and relief are what you seek, checking out Ruth's services is highly recommended.

Welcoming Atmosphere and Amenities

Ontario Health & Fitness is known for its friendly and supportive environment. As many members have noted, the facility has a non-judgmental atmosphere where individuals can feel at home. Whether you're a regular gym-goer or a part-time member, you are welcomed with open arms. The cleanliness of the locker rooms and workout areas also stands out, contributing to a pleasant experience for all visitors.

Accessibility Features

For those who require additional support, **Ontario Health & Fitness** is equipped with various accessibility features. The facility boasts:
- Wheelchair-accessible car park
- Wheelchair-accessible entrance
These amenities ensure that everyone can enjoy the benefits of fitness and wellness treatments without barriers.

Fitness Center and Equipment

The fitness center, although on the smaller side, offers a range of upgraded equipment, including newer-style treadmills. While some reviews mention that the space can get crowded during peak hours, many members appreciate the variety of machines available and the opportunity to work out in a community-like setting.

Dining and Nutrition

While there are no specific dining options on-site, the inviting homey feel encourages members to enjoy a post-workout meal at nearby restaurants. Additionally, the facility provides access to nutritional and personal training services, enhancing your overall health journey.

Conclusion

In summary, **Ontario Health & Fitness** offers more than just a place to work out; it is a well-rounded community focusing on wellness, including outstanding

massage therapies. If you're in the Pulaski area, be sure to stop by and see what makes this facility a local favorite!

The premises are located at

3975 Port St, 13142 Pulaski, New York - United States (US)

The contact phone of this **Massage therapist** is +1315-298-0055

And if you want to send a WhatsApp, you can do so at +1315-298-0055

Our opening hours are:

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	8?AM–1?PM
Thursday	8?AM–1?PM
Friday	5?AM–9?PM
Saturday	5?AM–9?PM
Sunday	5?AM–9?PM

The website is Ontario Health & Fitness

If you wish to modify any information that you believe is not precise regarding this page, please send us a message so we can we will correct it at the earliest convenience. Thank you in advance thanks.

Images



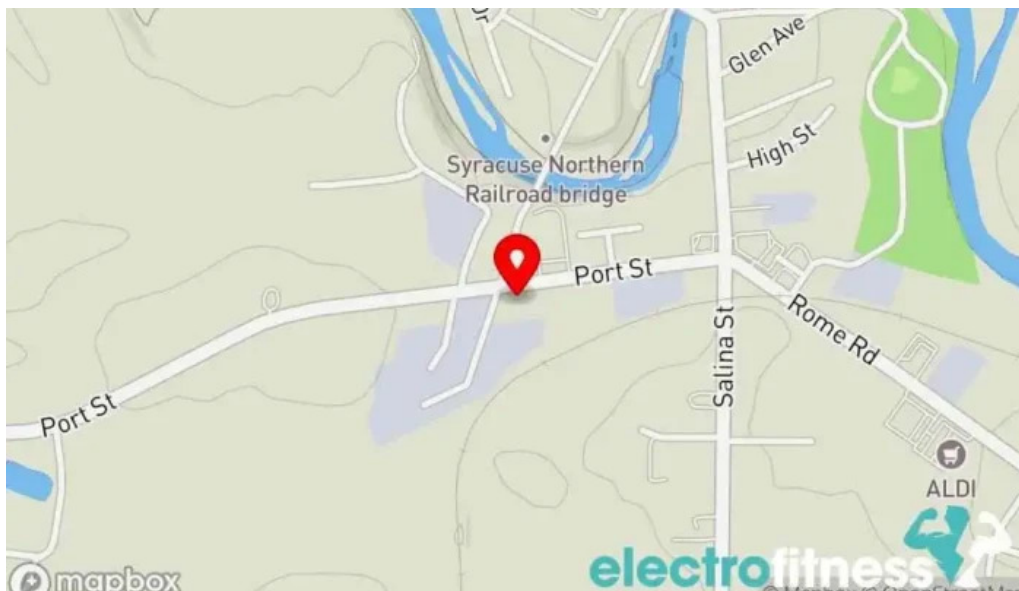
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