

Dow Westside Ymca - Addis

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Dow Westside Ymca - Addis

Discover the Dow Westside YMCA: A Community Gem in Addis, Louisiana

The ****Dow Westside YMCA**** in Addis, Louisiana, stands as a beacon of health, fitness, and community spirit. With its welcoming atmosphere, dedicated staff, and extensive range of facilities, it's no wonder so many individuals have found their home here.

Accessibility for Everyone

One of the standout features of the Dow Westside YMCA is its commitment to inclusivity and accessibility. The facility boasts a ****wheelchair-accessible**

entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy the benefits of this community hub. The welcoming nature of the YMCA makes it an ideal place for individuals of all abilities to connect, exercise, and thrive.

The Community Experience

Many patrons have shared how the YMCA has transformed their lives. Comments like "YMCA has changed my life" and "I found my Y, and I still love my Y!" highlight the profound impact this facility has on its members. The variety of classes, ranging from yoga to weight training, provides ample opportunities for personal growth and fitness.

Welcoming Staff and Clean Facilities

The staff at the Dow Westside YMCA are frequently praised for their friendliness and professionalism. Members consistently mention how individuals like Nikki, Susan, and Kelli play crucial roles in enhancing their gym experience. One member noted, "They are always there for any question you have and answer with knowledgeable and easy directions to follow." This level of customer service fosters a supportive environment where everyone feels valued. Moreover, cleanliness is a top priority, as highlighted by comments such as "The Dow Westside facility is always clean and inviting." With newly renovated equipment and well-maintained spaces, members can focus on their fitness journey without distractions.

A Variety of Classes and Programs

From yoga to aquatic lessons for children, the Dow Westside YMCA offers a diverse array of programs. Patrons express their satisfaction with various classes, noting, "Love Kelly and Nickie in classes for seniors," indicating that there's something for everyone, regardless of age or fitness level.

Room for Improvement

While the Dow Westside YMCA boasts many positive attributes, some members have pointed out areas for improvement, particularly concerning operational hours. Feedback suggests that extended hours could further enhance accessibility for busy schedules. However, the community atmosphere and quality of services continue to attract new and returning members alike.

Join the Movement at Dow Westside YMCA

In conclusion, the **Dow Westside YMCA** is more than just a gym; it's a community center that thrives on inclusivity, friendliness, and support. With features like a **wheelchair-accessible entrance** and a variety of engaging classes, there's no better time to join this remarkable organization. Whether you're looking to get fit, meet new friends, or improve your overall wellbeing, the Dow Westside YMCA welcomes you with open arms.

The address of our establishment is

3688 Sugar Plantation Pkwy, 70710 Addis, Louisiana - United States (US)

The phone number of said **Non-profit organization** is +1225-767-9622

And if you want to send a WhatsApp, you can do so at +1225-767-9622

We are open during the following hours:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–7?PM
Wednesday	8?AM–3?PM
Thursday	1–5?PM
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

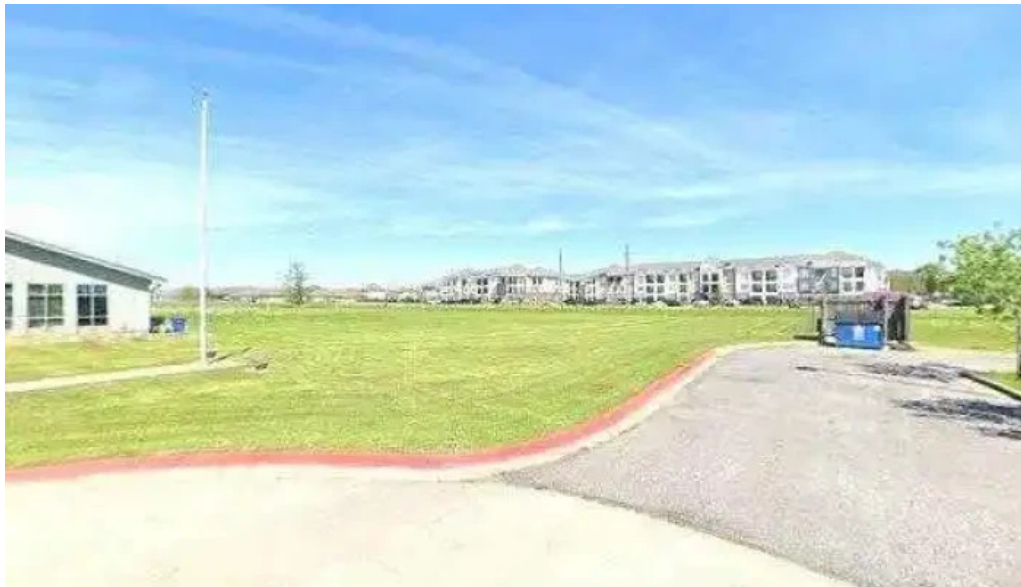
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If necessary to change any detail that you think is not accurate concerning this page, please forward a message and we will correct it at the earliest convenience. Thank you in advance thank you very much.

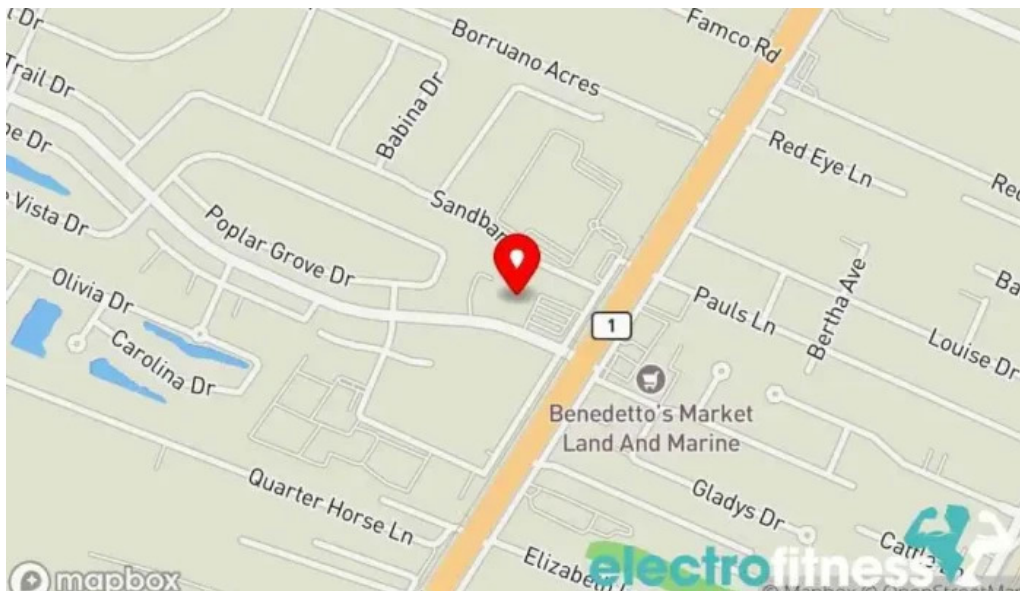
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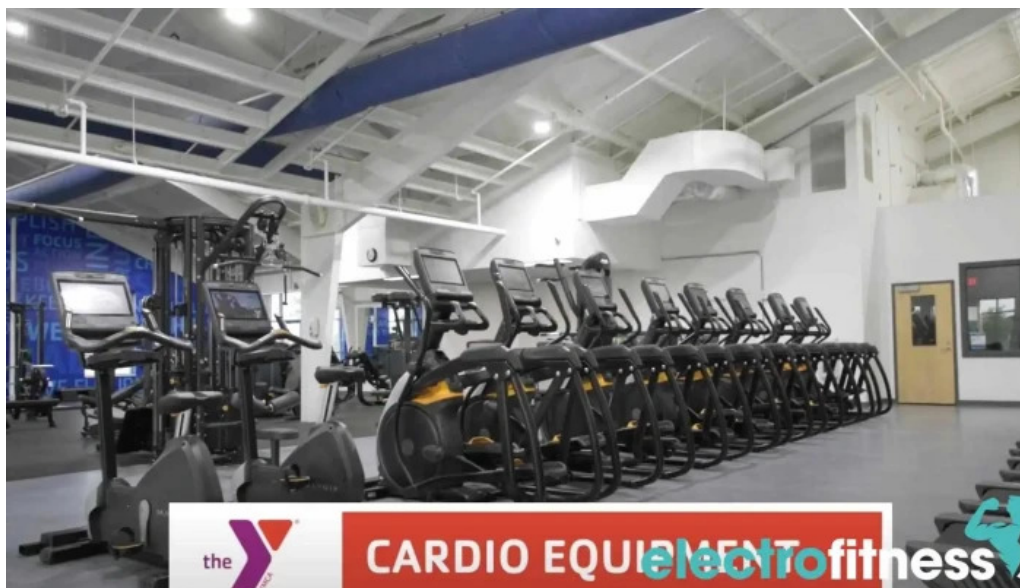
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