

## Adam Clark Fitness - Brewer

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brewer

## Adam Clark Fitness - Brewer

### Discover Adam Clark Fitness: Your Local Personal Trainer in Brewer, Maine

Adam Clark Fitness, located in Brewer, Maine, is a premier personal training facility that prioritizes accessibility and community. With a strong reputation for offering tailored workouts in a welcoming environment, this gym caters to fitness enthusiasts of all levels.

#### Accessibility Features

At Adam Clark Fitness, inclusivity is key. The gym boasts a

**\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, ensuring everyone can access the facility with ease. Additionally, a **\*\*wheelchair-accessible toilet\*\*** is available on-site, providing essential amenities for clients with mobility challenges.

### **Personalized Training and On-Site Services**

The training offered at Adam Clark Fitness is expertly designed to meet individual needs. Clients praise the high-quality, personalized workouts that are adapted to fit specific health concerns and fitness levels. With on-site services including small group sessions and one-on-one training, members receive the attention they need to progress. Appointments are recommended; however, drop-in classes are often available for those looking to start their fitness journey.

### **Diverse Workout Options**

Adam Clark Fitness provides a variety of training methods, combining both strength training and cardio routines. Members appreciate the daily variety in workouts, which keeps every session exciting and engaging. Online classes are also available, allowing clients to maintain their fitness routines from the comfort of home. This flexibility is especially beneficial for individuals with busy schedules or those new to the fitness world.

### **A Community Focused Environment**

One of the standout features of Adam Clark Fitness is its nurturing community atmosphere. Clients become friends, supporting one another through their fitness journeys. The friendly trainers are always available to answer questions and provide guidance, fostering a non-judgmental space where everyone feels welcome. Many members attest to feeling stronger and more confident thanks to the encouragement they receive from both trainers and fellow gym-goers.

### **Conclusion: Join the Adam Clark Fitness Community**

If you're searching for an accommodating gym that combines accessibility with a supportive community, look no further than Adam Clark Fitness. With its comprehensive range of services and personal trainer expertise, this facility is dedicated to helping you achieve your health and fitness goals. Whether you prefer working out in person or online, Adam Clark Fitness offers the perfect environment to improve your fitness level while connecting with a positive community.

**We are at**

81 Center St, 04412 Brewer, Maine - United States (US)

The contact phone of the mentioned **Personal trainer** is +1207-401-4948

And if you want to send a WhatsApp, you can do so at [+1207-401-4948](https://www.whatsapp.com/channel/0029912074014948)

## Our business hours are:

Day Hours  
Monday

7–10?AM

Tuesday

Closed

Wednesday

5–10?AM 2:30–6:30?PM

Thursday

5–8?AM 2:30–6:30?PM

Friday

5–10?AM 2:30–6:30?PM

Saturday

5–8?AM 2:30–6:30?PM

Sunday

5–10?AM

The website is [Adam Clark Fitness](https://adamclarkfitness.com)

If you require to change any detail that you think is incorrect related to this portal, please deliver a message and we will handle it as soon as possible. With anticipation thanks for your cooperation.

## Images



*Adam clark fitness training*



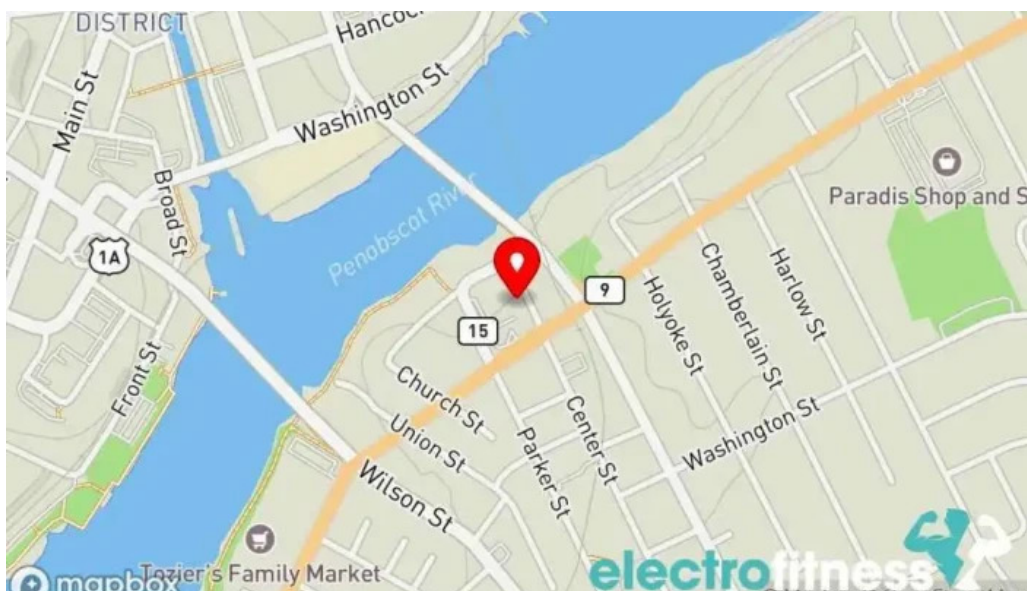
*Adam clark fitness street view 360deg*



*Adam clark fitness physical fitness*



*Adam clark fitness personal trainer*



*Adam clark fitness map*



*Adam clark fitness gym*



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## Tags

*Planning, On-site services, Online classes, Wheelchair-accessible entrance, Amenities, Toilet, Wheelchair-accessible car park, Appointments recommended, Accessibility, Wheelchair-accessible toilet, Service options*

## Related content

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## Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness

fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office

self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization