

Boise Barbell - Boise

boise

☐ I'm not a robot



RECAPTCHA

Published on: 07/04/25	Hits: 72
Comments: 0	See comments
Votes: 9	Score: 5

https://www.electrofitness.com/weightlifting-area/boise/boise-barbell-boise_192612.php



boise

Boise Barbell - Boise

Discover the Weightlifting Area at Boise Barbell

If you are searching for a premier weightlifting facility in Boise, Idaho, look no further than Boise Barbell. This gym offers a unique blend of expert coaching, community spirit, and top-notch facilities that cater to lifters of all levels.

Free Parking Lot and On-Site Services

Boise Barbell boasts a ****free parking lot****, making it convenient for all members to access the gym without any hassle. For those with mobility challenges, the facility features a ****wheelchair-accessible car park**** and a

****wheelchair-accessible entrance****, ensuring that everyone can enjoy the benefits of weightlifting. In addition to the accessibility features, Boise Barbell provides a range of ****on-site services****. The knowledgeable coaches are committed to teaching proper form and technique, focusing on the importance of lifting correctly rather than just lifting heavy. This commitment to quality training has been highly praised by members, many of whom have traveled great distances to experience the coaching provided here.

Accessibility and Service Options

Accessibility is a core principle at Boise Barbell. The gym's layout and design make it easy for all visitors to navigate the space comfortably. With various ****service options****, including personalized coaching and recovery methods, members receive tailored support for their weightlifting journey. Coaches offer valuable tips, assistance with stretches, and strategies for scaling back training when necessary. Many testimonials highlight the sense of family and community at Boise Barbell. One satisfied member emphasized how this gym feels like a “second home” for them and their children, creating an inclusive and supportive environment that fosters growth and friendship.

The Best Coaching and Equipment

At Boise Barbell, you'll find some of the best coaching talent available. The coaches not only have extensive experience in weightlifting but also create an atmosphere that celebrates the sport. Members appreciate the ****excellent equipment****, which complements the outstanding instruction they receive. The vibe at Boise Barbell is described as “old-school lifting,” bringing together individuals who share a passion for strength training. This unique atmosphere enhances the overall lifting experience, making every workout enjoyable.

Conclusion

In summary, Boise Barbell stands out as a leader in the weightlifting community in Boise, Idaho. With its ****free parking lot****, ****wheelchair-accessible**** features, exceptional coaching, and welcoming atmosphere, it's no wonder why members rave about their experiences. Whether you're a beginner or an experienced lifter, Boise Barbell is the ideal place to enhance your skills and connect with fellow enthusiasts.

The business is situated at

5467 S Cole Rd, 83709 Boise, Idaho - United States (US)

The contact line of the respective **Weightlifting area** is +1208-860-9189
And if you want to send a WhatsApp, you can do so at +1208-860-9189

We are available at these times:

Day	Hours
Monday	9?AM–6?PM
Tuesday	9?AM–6?PM
Wednesday	9?AM–6?PM
Thursday	9?AM–6?PM
Friday	9?AM–6?PM
Saturday	9?AM–12?PM
Sunday	Closed

The website is [Boise Barbell](#)

If necessary to modify any element that you think is not precise about this portal, we urge you to send us a message and we will handle it promptly.
Thanks beforehand thanks.

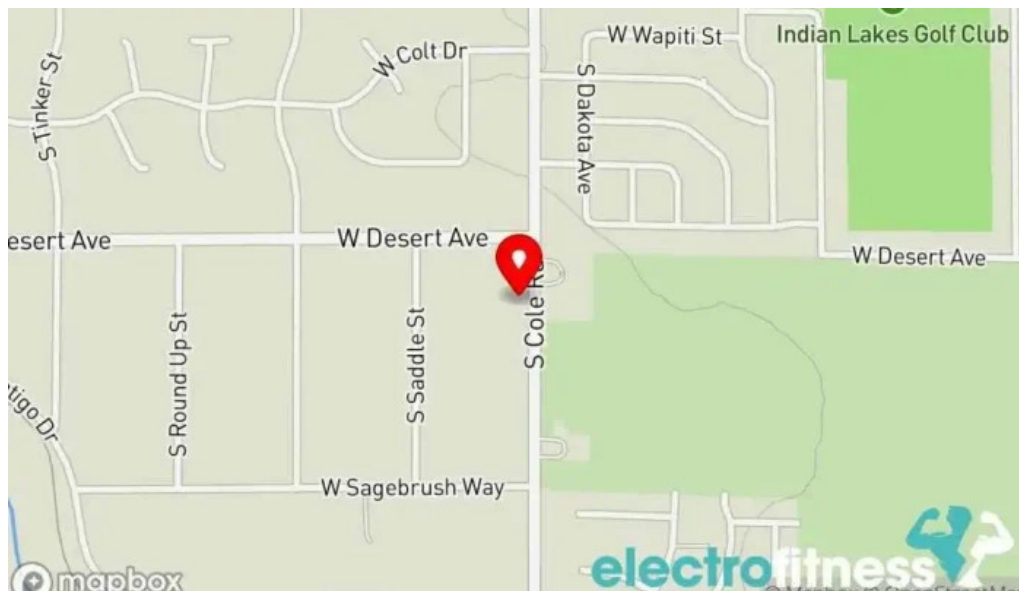
Images



Boise barbell videos



Boise barbell street view 360deg



Boise barbell map



Boise barbell by owner



Boise barbell boise



Boise barbell all

Tags

On-site parking, On-site services, Accessibility, Parking, Wheelchair-accessible entrance, Free parking lot, Service options, Wheelchair-accessible car park

Related content

4.9 * *Diablo Barbell - Concord*

4.9 * *Carolina Barbell Strength & Performance Gym - Aberdeen*

5.0 * *Alloy Personal Training Rossmoor - Walnut Creek*

4.8 * *GritFit Abilene - Abilene*

5.0 * *Shreem Supreme Spine & Health - Walnut Creek*

5.0 * *The Centered Body - Pleasant Hill*

5.0 * *Clubhouse Athletics - Abbottstown*

4.9 * *Traverse Fitness - Richmond*

5.0 * *American Martial Arts Gym - Waldorf*

3.8 * *All-American Gym - Valparaiso*

Categories

amusement park ride

arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
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 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
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio

youth organization