

Outland Health & Fitness - Altona

altona

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Outland Health & Fitness - Altona

Discovering Outland Health & Fitness in Altona, Manitoba

Outland Health & Fitness is more than just a gym; it's a community that fosters health, well-being, and personal growth. Located in Altona, Manitoba, this facility is designed to be ****inclusive****, offering ****accessibility**** features that ensure everyone can take part in their fitness journey.

Accessibility Features

One of the standout aspects of Outland Health & Fitness is its commitment to accessibility. The ****wheelchair-accessible entrance**** ensures that all individuals

can enter the facility without barriers, making it welcoming for those who may need assistance. Additionally, the ****wheelchair-accessible car park**** provides convenient parking options, reinforcing the gym's dedication to inclusivity.

Service Options Available

Outland offers a variety of ****service options**** to cater to different fitness needs. Whether you're looking for personal training, group classes, or specialized sessions addressing strength and conditioning, there's something for everyone. Many members have shared how the knowledgeable coaches, particularly Dan, have gone above and beyond to adapt workouts to fit individual needs and abilities, reflecting the gym's supportive atmosphere.

On-Site Services That Make a Difference

The ****on-site services**** at Outland Health & Fitness include personal training, group fitness classes, and nutritional guidance. Members rave about the knowledgeable staff who not only assist with physical training but also provide insights on mental well-being, diet, and overcoming obstacles. This holistic approach is what sets Outland apart from other facilities.

A Community of Support and Encouragement

What truly defines Outland Health & Fitness is the sense of community. Members often speak highly of the ****inviting atmosphere**** and the encouragement they receive from both coaches and fellow gym-goers. Whether it's celebrating personal records or simply enjoying camaraderie during workouts, the supportive environment has made a lasting impact on many.

Testimonials from Happy Members

Members frequently share positive experiences, citing significant improvements in their physical and mental health since joining. One member noted, "Going to class has been the best thing for me... my mobility has improved so much." With classes designed to accommodate various fitness levels, including post-pregnancy recovery and senior fitness, there's an option for everyone.

Conclusion

Outland Health & Fitness stands out as a premier destination for those seeking a comprehensive fitness experience in Altona, Manitoba. With its focus on ****accessibility****, along with dedicated ****service options**** and ****on-site services****, this gym invites you to join a community that supports your health journey. Whether you're a seasoned athlete or just starting out, Outland is ready to help you achieve your fitness goals in a caring and inclusive environment.

The business is situated at

216 11 Ave NE, ROG 0B1 Altona, Manitoba - Canada (CA)

The contact line of said **Gym** is +1204-900-5981

And if you want to send a WhatsApp, you can do so at +1204-900-5981

Our opening hours are:

Day	Hours
Monday	<i>Closed</i>
Tuesday	<i>Closed</i>
Wednesday	<i>5:30?AM–7?PM</i>
Thursday	<i>5:30?AM–7?PM</i>
Friday	<i>5:30?AM–7?PM</i>
Saturday	<i>5:30?AM–7?PM</i>
Sunday	<i>5:30?AM–7?PM</i>

The website is Outland Health & Fitness

If necessary to update any detail that you believe is not precise concerning this portal, we kindly request deliver a message and we will fix it as soon as possible. Thanks beforehand thanks for your cooperation.

Images



Outland health fitness street view 360deg



Outland health fitness map



Outland health fitness gym



Outland health fitness by owner



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Tags

Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park, On-site services, Service options

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