


GoodLife Fitness Antigonish College and Creighton - Antigonish antigonish

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GoodLife Fitness Antigonish College and Creighton - Antigonish

GoodLife Fitness Antigonish: A Community Hub for Fitness

GoodLife Fitness located at **Antigonish College and Creighton** in Nova Scotia is more than just a gym; it's a community hub for fitness enthusiasts of all levels. This facility, while smaller compared to others in Halifax, has garnered a reputation for maintaining high standards of cleanliness and providing excellent

customer service.

Accessibility Features

Accessibility is a priority at GoodLife Fitness Antigonish. The gym features a **wheelchair-accessible car park** along with a **wheelchair-accessible entrance**, making it convenient for everyone to enjoy their fitness journey. This focus on accessibility ensures that all members feel welcome and can engage fully with the facilities.

Cleanliness and Maintenance

Many visitors have praised the cleanliness of the gym facilities. From workout spaces to washrooms, the gym is well-kept and organized. However, some guests have noted that improvements can still be made, particularly in the maintenance of the showers and change rooms. Regular upkeep of these areas is essential for maintaining a hygienic workout environment.

Staff and Customer Service

The staff at GoodLife Fitness Antigonish play a crucial role in enhancing the overall experience for members. Many patrons have shared positive experiences about the friendliness and attentiveness of the team. Comments highlight how staff members greet members by name and provide personalized assistance to meet individual fitness needs. Manager Aman, in particular, has been recognized for his welcoming demeanor and informative nature.

Equipment and Facilities

The gym is equipped with a decent selection of machines and free weights, sufficient for both novices and experienced fitness enthusiasts. However, during peak times, especially when university students are back, the gym can become congested, making it challenging to access equipment. Nevertheless, the diversity of equipment available ensures that members can find alternatives or wait for their preferred machines.

Personal Training Services

For those seeking guidance, GoodLife Fitness Antigonish offers personal training services. Trainers are noted for their knowledge and dedication to helping clients achieve their fitness goals. With a supportive atmosphere, many users appreciate the encouragement and tailored programs designed specifically for them.

Overall Impression

Despite some mixed reviews regarding customer service experiences, overall, GoodLife Fitness Antigonish stands as a commendable fitness facility in the heart of the community. It combines accessibility, cleanliness, and friendly staff, making it a great option for anyone looking to maintain an active lifestyle while enjoying a supportive gym environment.

In conclusion, whether you are a local resident or just passing through, GoodLife Fitness Antigonish welcomes you to join their fitness community and take advantage of all the services they offer.

You can come to our business at

26 College St, B2G 1X4 Antigonish, Nova Scotia - Canada (CA)

The phone of said **Gym** is +1902-735-8348

And if you want to send a WhatsApp, you can do so at +1902-735-8348

Our service hours are:

Day Hours
Monday
6?AM–12?AM
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
6?AM–9?PM
Sunday
6?AM–9?PM

The website is GoodLife Fitness Antigonish College and Creighton

If you wish to update any data that you believe is not precise related to this web, we kindly request deliver a message and we will correct it at the earliest convenience. Thank you in advance thanks.

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Goodlife fitness antigonish college and creighton gym



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Tags

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