


## Body Works Fitness & Training Center - Abingdon

abingdon

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### *Body Works Fitness & Training Center - Abingdon*

#### **Body Works Fitness & Training Center: A Community Gem in Abingdon, Virginia**

Located in the heart of Abingdon, Virginia, **\*\*Body Works Fitness & Training Center\*\*** stands out as a local fitness hub that prioritizes inclusivity and community spirit. With its wheelchair-accessible car park and entrance, this gym ensures that everyone can enjoy a comprehensive workout experience.

#### **Welcoming Atmosphere and Friendly Staff**

Body Works Fitness is not just a gym; it's a place where members feel at home. Many reviews highlight the staff's friendliness and professionalism. "The people who work there are actually there and they do things," one member noted, emphasizing the quality of service. Leon and Cindy, the new owners, have transformed the gym's atmosphere, creating a positive environment where members are greeted by name, fostering a sense of belonging.

### **Top-Notch Equipment for Every Fitness Enthusiast**

With a wide array of high-quality equipment, Body Works caters to all workout preferences. Members appreciate the variety, ranging from free weights and power racks to treadmills and boxing heavy bags. One satisfied customer mentioned, "This place has a machine for everything." Whether you're into cardio, strength training, or group classes, Body Works is equipped to meet your needs.

### **Accessibility and Inclusivity at Its Core**

Accessibility is a key feature of Body Works Fitness. The gym boasts a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, making it easy for everyone to join in on the fitness journey. This commitment to accessibility is echoed through the inclusive attitudes of the trainers, like Tamara, who encourages all members regardless of their fitness level.

### **Dynamic Classes and Engaging Instructors**

The fitness center offers a variety of classes that cater to different interests and skill levels. From Zumba with Margie to invigorating spinning classes led by Leon, there's something for everyone. Members have expressed how these classes not only challenge them physically but also create an exciting and engaging environment. "The room was welcoming with fresh towels on every bike," one spinning class participant remarked, reflecting the gym's attention to detail.

### **Cleanliness and Maintenance**

One common theme across reviews is the gym's cleanliness and maintenance. Members appreciate the efforts made to keep the facilities in pristine condition. "Super clean and tons of room," praised one member, highlighting the extensive space available for workouts, even during peak hours.

### **A Local Alternative to Corporate Gyms**

Body Works Fitness & Training Center prides itself on being a true local gym rather than a corporate chain that lacks character. Many reviews suggest that the community atmosphere makes all the difference. The personal touch and dedication from the owners and staff create an inviting space that motivates members to return.

### **Conclusion: Join the Body Works Community**

If you're looking for a gym that combines high-quality equipment, friendly staff, inclusivity, and a welcoming atmosphere, Body Works Fitness & Training Center is the place to be. With a strong commitment to accessibility, it caters to individuals of all fitness levels. Join the Body Works family today and experience the friendly, motivating environment that makes this gym a standout choice in Abingdon, Virginia!

**Our business is found at**

101 Charwood Dr # 3, 24210 Abingdon, Virginia - United States (US)

The contact line of this **Fitness center** is +1276-628-9003  
And if you want to send a WhatsApp, you can do so at +1276-628-9003

**Our service hours are:**

Day	Hours
Monday	9?AM–5?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	5?AM–10?PM
Saturday	5?AM–8?PM
Sunday	8?AM–5?PM

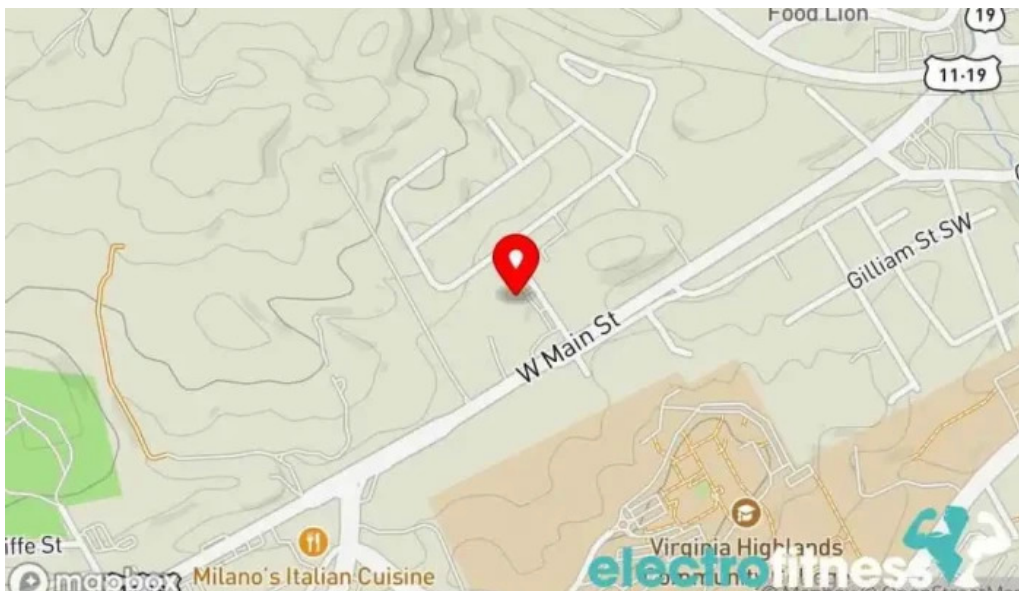
The website is Body Works Fitness & Training Center

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**Images**



*Body works fitness training center street view 360deg*



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*Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility*

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