

Adaptive Fitness & Movement - Acton

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https://www.electrofitness.com/fitness-center/acton/adaptive-fitness-movement-acton_183127.php



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Adaptive Fitness & Movement - Acton

Discover Adaptive Fitness & Movement in Acton, Massachusetts

Are you searching for a fitness center that prioritizes ****accessibility**** and offers personalized training? Look no further than ****Adaptive Fitness & Movement**** in Acton, Massachusetts. This facility is designed with every individual in mind, ensuring everyone can enjoy a fulfilling workout experience.

Welcoming Environment for Everyone

At Adaptive Fitness & Movement, accessibility is a fundamental consideration. The center features a ****wheelchair-accessible entrance****, allowing ease of

access for all patrons. This focus on inclusivity ensures that individuals with mobility challenges can confidently enter the facility without barriers.

Convenient Wheelchair-Accessible Car Park

One of the significant advantages of this fitness center is its **wheelchair-accessible car park**. This feature provides convenient parking options for those who require additional support when arriving and departing. It emphasizes the commitment of Adaptive Fitness & Movement to making workouts accessible for everyone.

Personalized Training from Expert Trainers

Lucille, one of the trainers at Adaptive Fitness & Movement, is praised for her exceptional ability to cater workouts to each individual's **strengths and weaknesses**. Under her guidance, members have found a supportive environment where they can flourish. The focus on individualized training means that everyone, regardless of their fitness level, can achieve their goals in a fun and engaging atmosphere.

A Community of Support

Joining Adaptive Fitness & Movement also means becoming part of a welcoming community. Members often describe the group workouts as enjoyable and uplifting. The camaraderie among participants fosters motivation and encourages everyone to push their limits while celebrating their progress together.

Conclusion

If you're in Acton, Massachusetts, and looking for a fitness center that values **accessibility**, personal training, and a supportive community, look no further than Adaptive Fitness & Movement. With a **wheelchair-accessible entrance** and car park, along with expert trainers like Lucille who tailor workouts to your needs, this center is an excellent choice for anyone seeking to enhance their fitness journey.

Our business is at

423 Great Rd, 01720 Acton, Massachusetts - United States (US)

The phone number of said **Fitness center** is +1978-799-0543

And if you want to send a WhatsApp, you can do so at +1978-799-0543

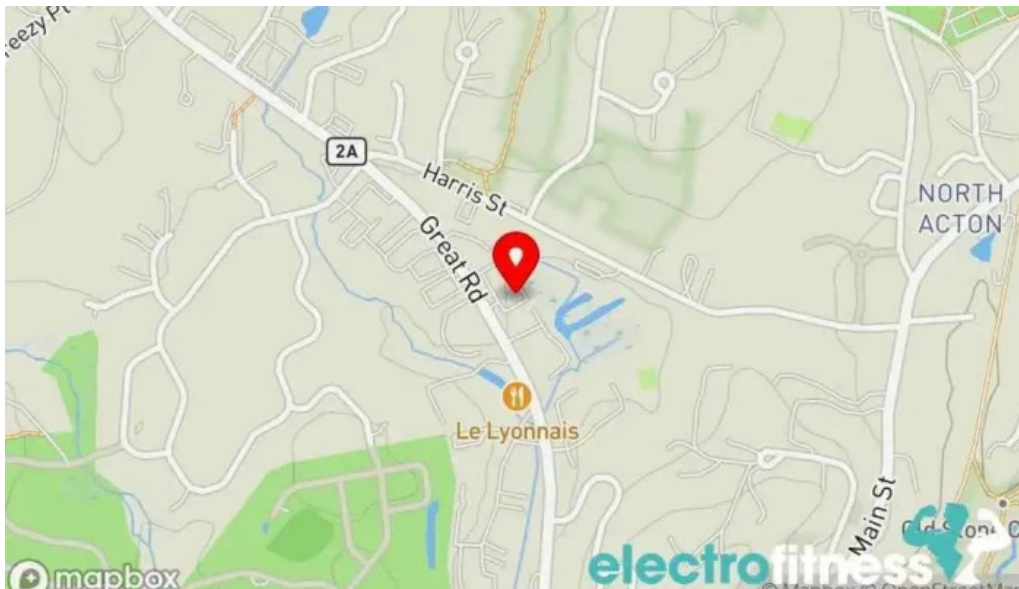
Our service hours are:

Day Hours
Monday
11?AM–8?PM
Tuesday
11?AM–8?PM
Wednesday
Closed
Thursday
Closed
Friday
11?AM–8?PM
Saturday
11?AM–8?PM
Sunday
11?AM–8?PM

The website is [Adaptive Fitness & Movement](#)

In case you want to modify any detail that you feel is not precise related to this web, we ask send a message so we can we will adjust it at the earliest convenience. Thank you in advance we appreciate it.

Images



Adaptive fitness movement map



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Tags

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

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| 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 |
| dance school |
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| elementary school |
| exercise equipment store |
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| fitness |
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| gymnastics center |
| hair salon |
| health consultant |

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| hotel |
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| jujitsu school |
| karate school |
| kennel |
| kickboxing school |
| kinesiologist |
| kinesiotherapist |
| martial arts club |
| martial arts school |
| massage therapist |
| meditation center |
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| park |
| personal trainer |
| pharmacy |
| physical fitness program |
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| pilates studio |
| public educational institution |
| recreation center |
| rehabilitation center |
| rock climbing gym |
| school district office |
| self defense school |
| shooting range |
| spa |
| spa and health club |
| sporting goods store |
| sports club |
| sports complex |
| sports medicine clinic |
| sports school |
| swimming instructor |
| swimming school |
| tennis club |
| thrift store |

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| wellness center |
| wellness program |
| yoga instructor |
| yoga studio |
| youth organization |