

Lift Me Up Bungee Fitness - Berkeley

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Lift Me Up Bungee Fitness: A Unique Workout Experience in Berkeley, California

If you're looking for an exhilarating way to stay fit, look no further than **LIFT ME UP BUNGEE FITNESS**, located in the beautiful Elmwood District of Berkeley at Ashby and College Ave. This fitness center is not just about getting your heart rate up; it's about having a blast while doing it!

Why Choose Bungee Fitness?

Bungee fitness offers a low-impact workout that's suitable for all skill levels. Whether you're a beginner or an advanced fitness enthusiast, you'll find something to enjoy. Instructor Tatyana has been praised for her engaging teaching style and ability to cater to each individual's unique needs. Many participants noted that they had an enjoyable time even during the introductory classes, which are designed to ease newcomers into this exciting form of exercise.

Fun for All Ages

Lift Me Up Bungee Fitness is a fantastic option if you're looking for activities that are **good for kids**. Families have shared their positive experiences, emphasizing how fun and inviting the atmosphere is for beginners and children alike. Parents can enjoy a vigorous workout, while kids can also join in and appreciate the joy of bouncing and flying.

Convenient Location and On-Site Services

The studio is clean and well-maintained, with spotless bathrooms and a welcoming environment. However, parking can be a bit limited, so it's recommended to arrive early and take advantage of **paid street parking**. This will give you enough time to get fitted into your harness and prepare for class.

Engaging Class Options

With various service options available, including aerial yoga and bungee HIIT, everyone's fitness preferences are catered to. Regular attendees rave about how much they look forward to their classes, expressing excitement over Tatyana's energy and support. The facility encourages fun and camaraderie among participants, making it a great spot to work out with friends.

Conclusion

If you're in Berkeley and searching for a workout that truly stands out, **Lift Me Up Bungee Fitness** should be at the top of your list. Come experience an exhilarating workout that promises fun and fitness in a supportive environment. Whether you're a fitness newbie or a seasoned pro, this unique bungee experience will leave you smiling and eager for your next session!

The address of our establishment is

2631 Ashby Ave ste c, 94705 Berkeley, California - United States (US)

The contact line of the respective **Fitness center** is +1510-717-1627

And if you want to send a WhatsApp, you can do so at +1510-717-1627

We are open during the following hours:

Day Hours

Monday

9?AM–1?PM 3–7?PM

Tuesday

12?AM–1?PM 4–6?PM

Wednesday

9?AM–1?PM

Thursday

Closed

Friday

9?AM–6?PM

Saturday

4–6?PM

Sunday

4–6?PM

The website is [Lift Me Up Bungee Fitness](#)

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Images



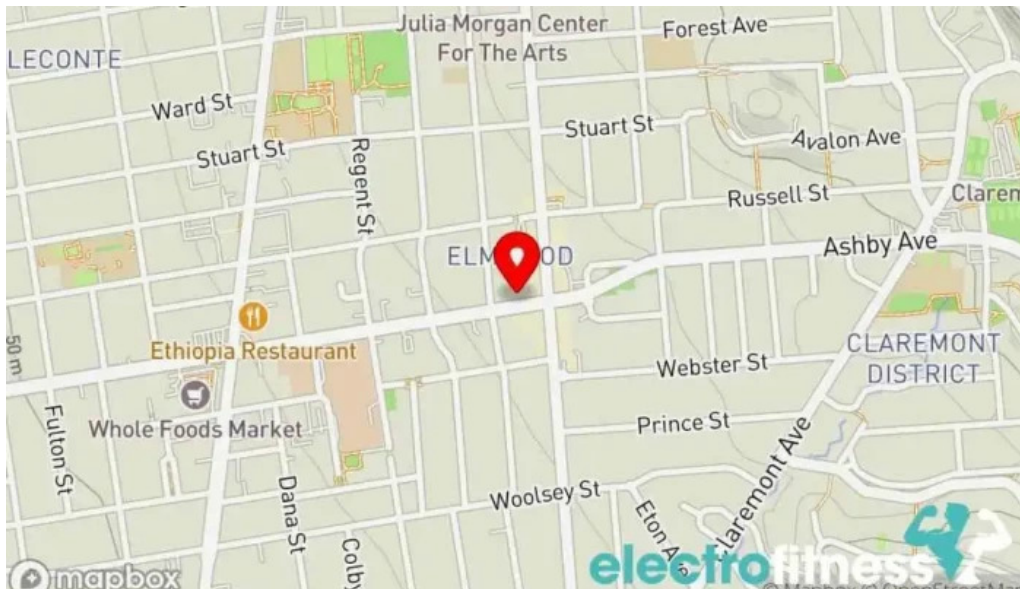
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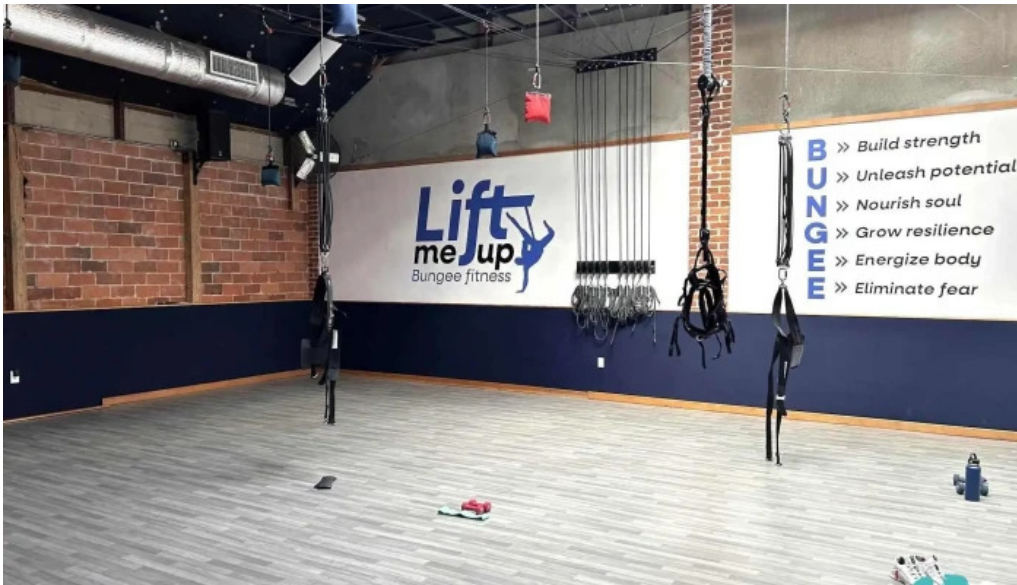
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Tags

Children, On-site services, Service options, Parking, Paid street parking, Good for kids

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