

X3 Performance and Physical Therapy - Fort Myers

fort myers

☐ I'm not a robot
 

Published on: 24/05/25	Hits: 1701
Comments: 0	See comments
Votes: 189	Score: 5

https://www.electrofitness.com/fitness-center/fort-myers/x3-performance-and-physical-therapy-fort-myers_333481.php



fort myers

X3 Performance and Physical Therapy - Fort Myers

X3 Performance and Physical Therapy: Unmatched Offerings in Fort Myers, Florida

X3 Performance and Physical Therapy stands out as a premier fitness center in Fort Myers, Florida, renowned for its comprehensive approach to health and wellness. This facility brings together a range of ****offerings**** designed to cater to the needs of individuals of all ages, from children to adults seeking rehabilitation and performance enhancement.

Accessibility and Convenience

Convenience is paramount at X3, featuring a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, making it welcoming for all clients. This ensures that everyone, regardless of physical ability, can easily access the top-notch services available on-site.

On-site Services Tailored for Everyone

At X3, you'll find an impressive array of on-site services, including personalized training, group classes, and physical therapy tailored to meet individual goals. The highly skilled staff, including physical therapists like Andrew and Sterling, provide exceptional guidance that has made this fitness center a go-to for recovery from injuries and enhancing athletic performance. Clients commonly report the expert knowledge and hands-on approach of their therapists, which significantly speeds up recovery times while ensuring safety.

A Family-Friendly Environment

Moreover, X3 is truly ****good for kids****. The facility offers specialized programs that cater to young athletes, helping them enhance their strength and agility while focusing on injury prevention. The environment is both welcoming and encouraging, making it an ideal place for families looking to improve their fitness levels together.

Relaxation and Recovery Options

To complement the rigorous training and therapy sessions, X3 features a ****sauna**** where clients can relax and aid recovery after intense workouts or therapy appointments. This addition further enhances the overall wellness experience, creating a holistic approach to health.

Conclusion

In summary, X3 Performance and Physical Therapy in Fort Myers is not just a fitness center; it's a community hub for health and wellness. With its robust ****service options****, commitment to accessibility, and a warm, inviting atmosphere, it caters to the diverse needs of its clientele. Whether you are recovering from an injury or looking to improve your fitness alongside your family, X3 has something valuable to offer everyone. It's no wonder that so many have chosen X3 as their trusted partner in health!

You can come to our business at

14651 Jetport Loop #150, 33913 Fort Myers, Florida - United States (US)

The contact line of said **Fitness center** is +1239-313-6109

And if you want to send a WhatsApp, you can do so at +1239-313-6109

We look forward to seeing you at:

Day Hours
Monday

8?AM–6?PM

Tuesday

Closed

Wednesday

Closed

Thursday

8?AM–6?PM

Friday

8?AM–6?PM

Saturday

8?AM–6?PM

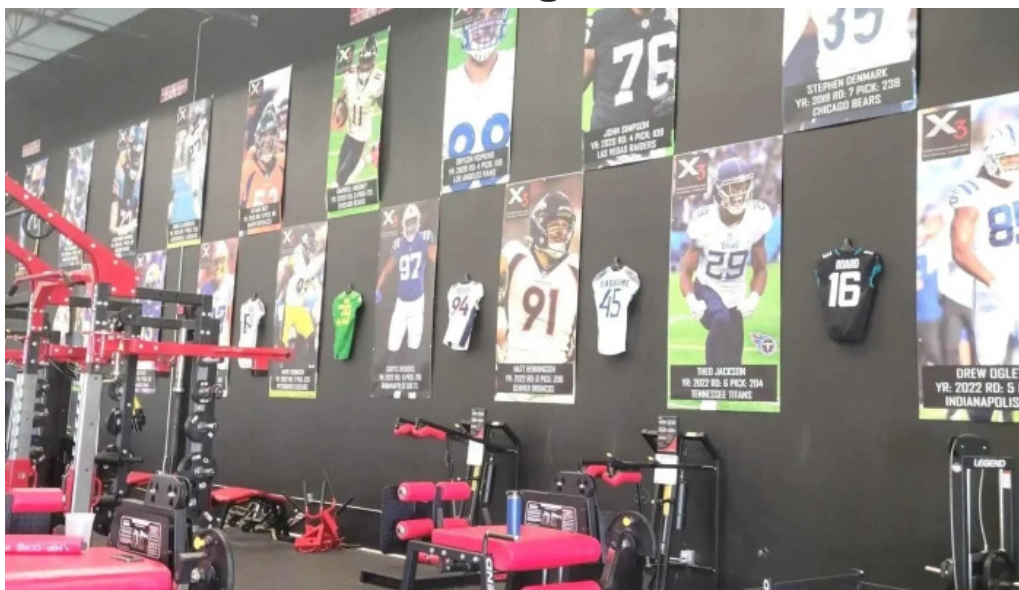
Sunday

8?AM–6?PM

The website is [X3 Performance and Physical Therapy](#)

If necessary to change any information that you consider is incorrect about this portal, we ask send us a message so that we will fix it at the earliest convenience. Thank you in advance thank you very much.

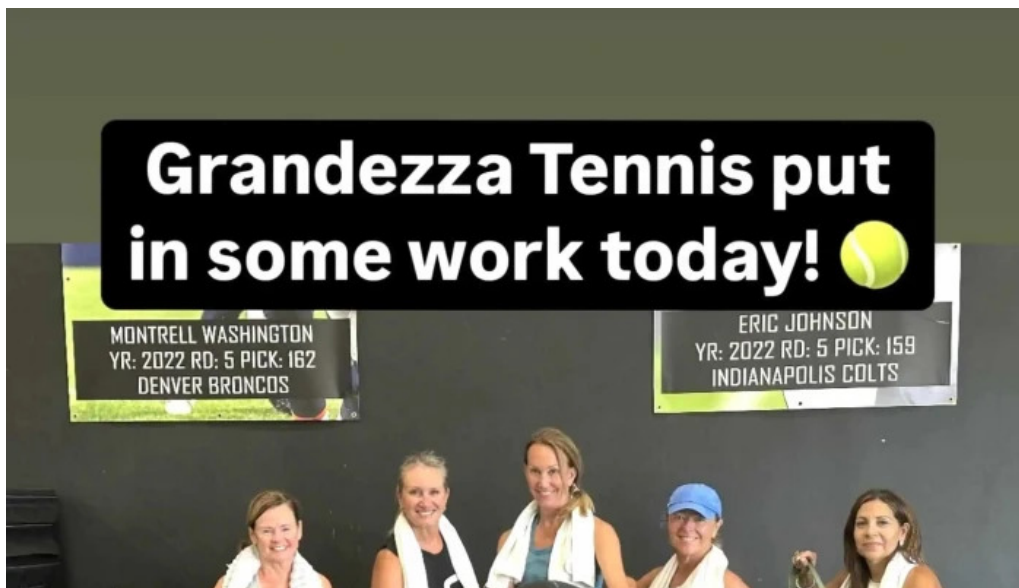
Images



X3 performance and physical therapy videos



X3 performance and physical therapy street view 360deg



X3 performance and physical therapy schedule



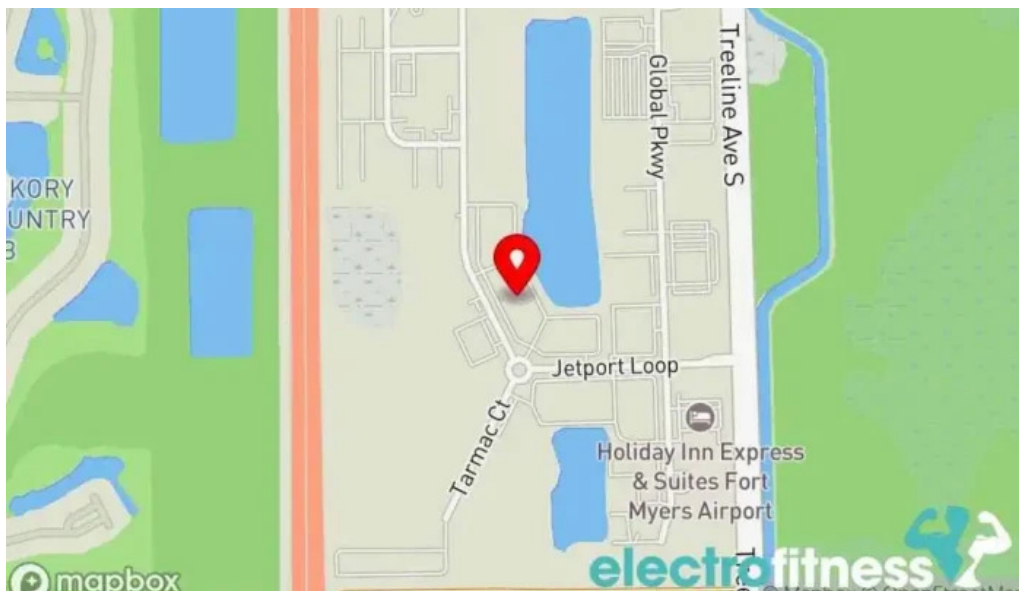
X3 performance and physical therapy reviews



X3 performance and physical therapy promotion



X3 performance and physical therapy number



X3 performance and physical therapy map



X3 performance and physical therapy how to get there



X3 performance and physical therapy gym



X3 performance and physical therapy fort myers



X3 performance and physical therapy fitness center



X3 performance and physical therapy area



X3 performance and physical therapy all

Tags

Offerings, Sauna, Wheelchair-accessible entrance, Children, Good for kids, On-site services, Wheelchair-accessible car park, Service options, Accessibility

Related content

5.0 * *Kyle Myers Fitness - Birdsboro*

4.9 * *Peak Performance Sports and Spine Physical Therapy - Yakima*

4.9 * *Elevate Physical Therapy Fitness and Performance - Klamath Falls*

5.0 * *Body Worx Physical Therapy & Performance - Abilene*

5.0 *	<i>Ignition Performance Coaching - Fort Wayne</i>
5.0 *	<i>Steppin' Up Physical Therapy - Fort Wayne</i>
5.0 *	<i>InLine Physical Therapy - Altamont</i>
5.0 *	<i>Mad Apple Sports Performance - Fort Wayne</i>
5.0 *	<i>Corestar Pilates and Physical Therapy - Fort Wayne</i>
5.0 *	<i>Renegade Strength and Performance Llc - Fort Wayne</i>

Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor

church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school

gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy

physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public library
public swimming pool
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school

taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization