


Strong Energies - Fort Wayne

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Published on: 13/05/25	Hits: 10
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Strong Energies - Fort Wayne

Discover Strong Energies: Fort Wayne's Inclusive Fitness Center

If you're searching for a welcoming fitness environment in Fort Wayne, Indiana, look no further than ****Strong Energies****. This fitness center stands out not just for its state-of-the-art equipment and dedicated trainers but also for its commitment to accessibility.

Accessibility at Strong Energies

One of the most significant features of Strong Energies is its ****wheelchair-accessible entrance****. This ensures that everyone, regardless of

mobility challenges, can enjoy the benefits of a regular workout experience. Moreover, the facility includes a ****wheelchair-accessible car park****, providing convenient access for all members.

A Family-Friendly Gym Environment

Strong Energies has become a haven for many local families. As one single mother expressed, “I love going to Strong Energies. I have been looking for a gym where I could take my 5-year-old with me while I work out.” This highlights the gym’s family-oriented approach, which allows parents to maintain their fitness routines without the added stress of finding childcare.

Personalized Training and Nutritional Guidance

At Strong Energies, the quality of training is second to none. Members rave about ****Lupita****, an amazing trainer who personalizes exercise and nutritional plans to meet individual needs. This tailored approach is especially beneficial for those seeking to balance fitness with other life responsibilities.

A Community for Single Moms

Strong Energies serves as a supportive community for single moms looking to prioritize their health. One member mentioned, “Thank you for being an option for single moms out there!” This sentiment resonates with many who find it challenging to fit a workout into their busy lives. The gym’s inclusive atmosphere empowers women to stay active while enjoying time with their children.

Conclusion

In summary, Strong Energies in Fort Wayne is more than just a fitness center; it’s a community that promotes inclusivity and support. With features like a ****wheelchair-accessible entrance**** and a family-friendly environment, it caters to a diverse range of members. If you’re a single parent or someone looking for a welcoming gym space, Strong Energies should be at the top of your list.

Our establishment is located at

1920 Bluffton Rd, 46809 Fort Wayne, Indiana - United States (US)

The phone of said **Fitness center** is +1260-415-3054

And if you want to send a WhatsApp, you can do so at +1260-415-3054

Our business hours are:

Day Hours
Monday
8:30–9?AM

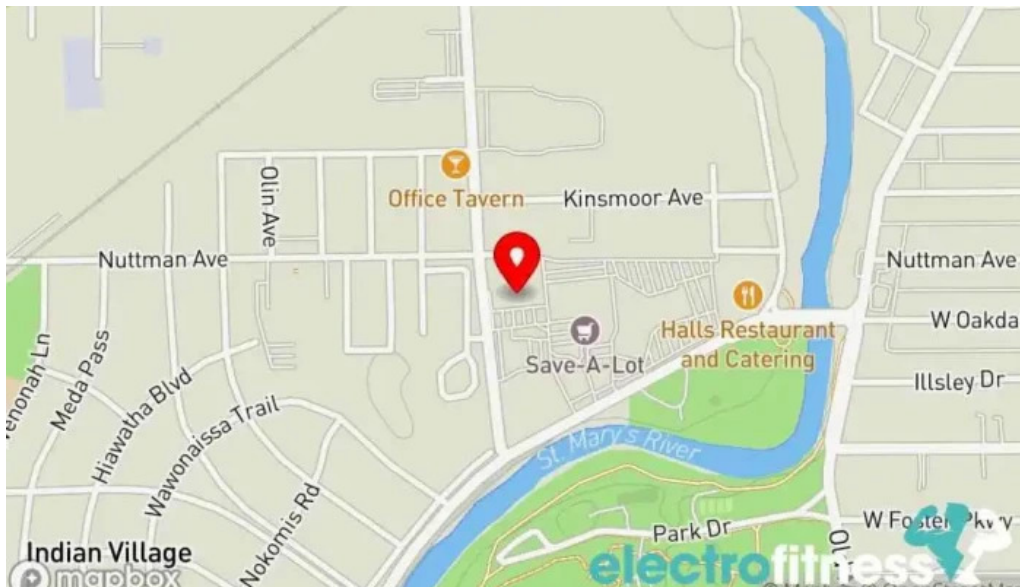
Tuesday
8:30–9?AM
Wednesday
8:30–9?AM
Thursday
8:30–9?AM
Friday
9?AM–12?AM
Saturday
12–6?AM
Sunday
8:30–9?AM

In case you want to update any detail that you feel is not accurate about this page, we urge you to deliver a message so we can we will adjust it at the earliest convenience. With anticipation thanks.

Images



Strong energies street view 360deg



Strong energies map



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Tags

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

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rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range

shopping mall
soccer club
software company
spa
spa and health club
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