

Fitness Express - Lafayette

lafayette

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Fitness Express - Lafayette

Welcome to Fitness Express in Lafayette, Louisiana

Fitness Express stands out as a premier fitness center in Lafayette, Louisiana, offering an exceptional workout experience tailored to meet the needs of all individuals.

Accessibility Features

One of the key features of Fitness Express is its ****wheelchair-accessible car park****. This thoughtful addition ensures that everyone can easily access the gym without any hurdles. The ****wheelchair-accessible entrance**** reinforces this

commitment to inclusivity, making Fitness Express a welcoming environment for all members.

Why Choose Fitness Express?

Fitness Express has garnered rave reviews from its members, who appreciate the flexibility and effectiveness of its workouts. As one member shared, "Brandon is an amazing trainer! He's patient and encouraging." This highlights the personal touch that comes with every session.

The Perfect 30-Minute Workout

If you're short on time, the 30-minute full body workout at Fitness Express is designed to deliver maximum results in minimal time. Members rave about the convenience: "No class times is perfect for me. Whenever I want, I get a no hassle workout!" This format allows for a seamless integration of fitness into your busy schedule.

Diverse Training Options

Fitness Express isn't just about quick workouts; it's about variety as well. Enjoy a mix of cardio, weight resistance training, and kickboxing. Members have noted, "There's always a trainer there to lead you through it," ensuring guidance and motivation throughout your fitness journey. As one user states, "The workout changes daily, offering something new and exciting every time."

A Supportive Community

The friendly atmosphere at Fitness Express makes it an enjoyable place to work out. "Great trainers who care in a comfortable environment!" is how one member describes their experience. This supportive community helps alleviate stress while promoting health and wellness.

Your Journey Begins Here

Whether you're a seasoned athlete or just getting back into the swing of things like another member who mentioned, "After being out of the gym for 5 months, Fitness Express is exactly what I needed," there's something for everyone. Plus, with the first workout being free, why not give it a try? In conclusion, Fitness Express in Lafayette, Louisiana, offers accessible, effective, and enjoyable fitness solutions for everyone. With its commitment to accessibility, expert trainers, and a dynamic workout structure, it's the perfect place to start your fitness journey today!

The location of our business is in

2801 Kaliste Saloom Rd #300, 70508 Lafayette, Louisiana - United States (US)

We look forward to seeing you at:

Day Hours
Monday
Closed
Tuesday
6:30?AM–6:30?PM
Wednesday
6:30?AM–6:30?PM
Thursday
6:30?AM–6:30?PM
Friday
6:30?AM–6:30?PM
Saturday
6:30?AM–3?PM
Sunday
8?AM–12?PM

The website is [Fitness Express](#)

If you need to alter any detail that you think is not precise regarding this page, we kindly request send us a message so we can we will handle it at the earliest convenience. Thanks beforehand thanks for your cooperation.

Images



Fitness express street view 360deg



Fitness express map



Fitness express lafayette



Fitness express gym



Fitness express fitness center



Fitness express by owner



Fitness express all

Tags

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

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