

VibraFit - Lafayette

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Discover VibraFit Fitness Center in Lafayette, Louisiana

VibraFit is a cutting-edge fitness center that offers a unique approach to health and wellness, making it a must-visit location for anyone looking to improve their fitness journey. With personalized coaching and innovative technology, VibraFit is revolutionizing the way we think about workouts.

Appointment Required for Personalized Attention

At VibraFit, ****appointment required**** sessions ensure that every client receives personalized attention tailored to their specific needs. The

knowledgeable instructors take the time to listen and demonstrate various techniques, ensuring that you feel confident and comfortable in your fitness journey. As one satisfied customer stated, "The instructors are very knowledgeable and always in a great mood."

Accessibility at VibraFit

Accessibility is a priority at VibraFit. The facility features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, making it easy for everyone to participate in wellness activities. This consideration for all individuals exemplifies the welcoming and inclusive atmosphere of the gym.

Benefits of Innovative Equipment

VibraFit utilizes state-of-the-art equipment that targets wellness at a molecular level. Members have praised the effectiveness of the vibration machines, stating that they provide an efficient workout within just 30 minutes. As one visitor expressed, "I have never found a workout that I would stick with... until now!"

A Calm and Peaceful Environment

The serene environment of VibraFit enhances the overall experience. It is described as a "beautiful little facility" that promotes relaxation and calmness. Clients can unwind in the Energy Enhancement room, where many report feeling a significant sense of healing.

Expert Massage Therapy

Beyond standard fitness routines, VibraFit also offers expert massage services. Customers have highly recommended Ari, a massage therapist who brings a wealth of knowledge from physical therapy and Eastern techniques. His tailored approach is especially beneficial for those with back and joint issues.

Community and Supportive Environment

The staff at VibraFit, including Caroline and Amber, are known for their inviting and welcoming demeanor. Visitors appreciate the sense of calm that these instructors bring, making it a delightful place to work out. Multiple reviews highlight how the supportive community encourages members to push themselves and stay committed to their fitness goals.

Sound Baths and Relaxation Techniques

VibraFit also offers unique wellness experiences, such as sound baths led by experienced practitioners. Participants rave about the soothing atmosphere and the deep relaxation achieved during these sessions, which are perfect for those seeking to enhance their mental well-being alongside physical fitness.

Join the VibraFit Community Today!

Whether you are new to fitness or looking to elevate your current routine,

VibraFit Fitness Center in Lafayette, Louisiana, has something for everyone. With a focus on accessibility, personalized instruction, and a peaceful environment, it truly is a place that encourages a love for getting healthy. Don't hesitate—make your ****appointment required**** today and dive into a supportive community dedicated to your wellness!

The address of our establishment is

301 W University Ave, 70506 Lafayette, Louisiana - United States (US)

The contact phone of said **Fitness center** is +1337-205-3037

And if you want to send a WhatsApp, you can do so at +1337-205-3037

We open at the following schedule:

Day	Hours
Monday	Closed
Tuesday	9?AM–3?PM 5–6:30?PM
Wednesday	8?AM–6?PM
Thursday	9?AM–3?PM
Friday	8?AM–6?PM
Saturday	9?AM–1?PM
Sunday	Closed

The website is VibraFit

If necessary to alter any element that you think is not precise about this web, we kindly request deliver a message so that we will handle it at the earliest convenience. In advance thanks for your cooperation.

Images



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Vibrafit map



Vibrafit lafayette



Vibrafit gym

LightBody Wellnes

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Vibrafit fitness center



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Tags

Appointment required, Accessibility, Wheelchair-accessible car park, Planning, Wheelchair-accessible entrance

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