

## Mission Viejo Fit Body Forever - Mission Viejo

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## *Mission Viejo Fit Body Forever - Mission Viejo*

### Discover the Benefits of Fit Body Forever in Mission Viejo

If you're searching for a transformative fitness experience, look no further than **Fit Body Forever** in Mission Viejo, California. This exceptional fitness center offers a supportive environment tailored specifically for individuals looking to enhance their well-being, especially those over 55.

### Accessibility Features that Matter

Fit Body Forever is dedicated to inclusivity and ensuring that everyone can enjoy their services. With a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, this center firmly believes in providing opportunities for all individuals to reach their fitness goals without barriers.

## **A Life-Changing Experience**

Many members share impactful stories about their journey at Fit Body Forever. One member noted, “I showed up weary, but today, at 69, I’m fitter, leaner, and stronger.” The communal atmosphere fosters teamwork and motivation, making workouts enjoyable and effective. Team sessions encourage participants to push their limits while feeling supported by those around them.

## **Transforming Lives One Session at a Time**

Another member shared, “Fit Body Forever has been a life-changer for me.” At 70 years old and 50 lbs overweight, the determination to lead an active lifestyle led to impressive results. In just six years, they became 50 lbs lighter, stronger, and more flexible, thanks to the dedicated coaches who personalize each training session based on individual levels.

## **Community and Support**

The sense of community at Fit Body Forever is unparalleled. Members not only achieve their fitness goals but also build lasting friendships. As one member expressed, “You meet so many wonderful people who become your workout buddies and offer constant encouragement.” This supportive network is invaluable in maintaining motivation and commitment to health.

## **Targeted Workouts for Optimal Health**

Fit Body Forever’s program emphasizes targeted workouts specifically designed for individuals over 55, resulting in increased health and energy. Regular participants highlight the benefits of these tailored sessions, stating, “The program is wonderful! I am healthier and have more energy thanks to the targeted workouts.”

## **Reclaim Your Mobility and Confidence**

Residents of Mission Viejo have found a haven in Fit Body Forever, with members reporting improved mobility and renewed confidence. As one enthusiastic member said, “This gym has given me back my mobility and my peace of mind.” Professional coaching and a welcoming environment make

every visit rewarding.

**Your Journey Begins Here**

Whether you are looking to lose weight, gain strength, or simply improve your overall health, **Fit Body Forever in Mission Viejo** is the perfect place to start. Don't hesitate to join a community that prioritizes health, support, and accessibility. Your fitness journey awaits!

**You can find us in**

24194 Alicia Pkwy E, 92691 Mission Viejo, California - United States (US)

The phone number of the respective **Fitness center** is +1949-307-5158  
And if you want to send a WhatsApp, you can do so at +1949-307-5158

**Our business hours are:**

Day	Hours
Monday	10–11?AM
Tuesday	10–11?AM
Wednesday	Closed
Thursday	Closed
Friday	10–11?AM
Saturday	10–11?AM
Sunday	10–11?AM

If you need to change any data that you think is not correct regarding this portal, we urge you to send a message so we can we will adjust it as soon as possible. In advance thank you very much.

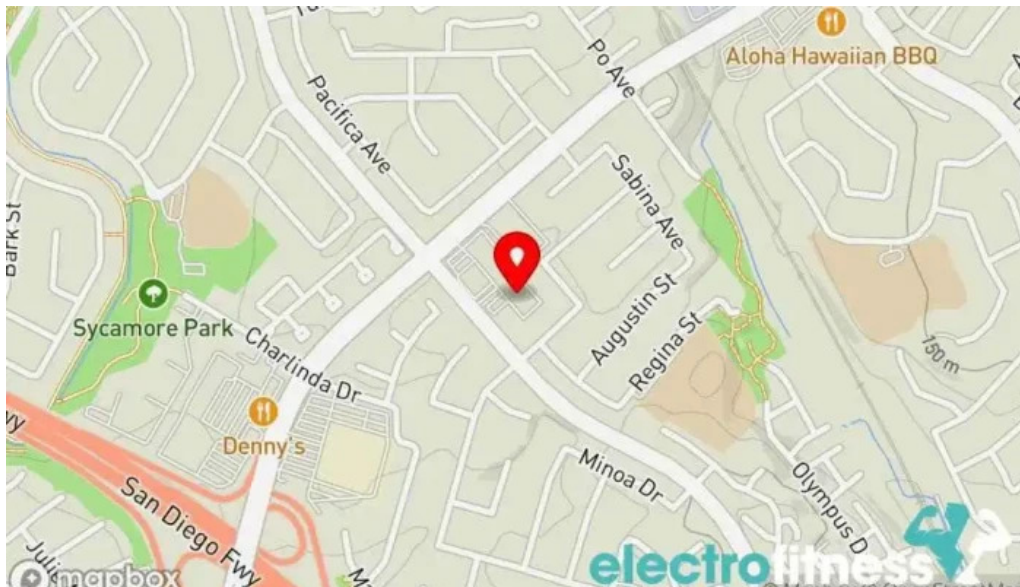
**Images**



*Mission viejo fit body forever street view 360deg*



*Mission viejo fit body forever mission viejo*



*Mission viejo fit body forever map*



*Mission viejo fit body forever fitness center*



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## Tags

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

## Related content

**5.0 \*** *Fitness Forever Odenton - Odenton*

**5.0 \*** *Forever Strong Training Center - Adel*

**4.1 \*** *Fitness Forever Pahoehoe - Pahoehoe*

**4.9 \*** *Fit Body Boot Camp - Spokane*

<b>5.0 *</b>	<i>Alta Loma Fit Body Boot Camp - Rancho Cucamonga</i>
<b>5.0 *</b>	<i>The Fit Body Coach - Abilene</i>
<b>5.0 *</b>	<i>Fit Body Boot Camp - Westlake Village</i>
<b>5.0 *</b>	<i>The Mission Hq - Alameda</i>
<b>5.0 *</b>	<i>Fit Body Boot Camp - Arvada</i>
<b>4.8 *</b>	<i>Tempe Fit Body Boot Camp - Tempe</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor

country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club

martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer 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 school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization