

1Blackfitness - San Jose

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1Blackfitness - San Jose

Discover 1Black Fitness: A Top Fitness Center in San Jose, California

If you're looking for a fitness center that offers a comprehensive approach to health and wellness, look no further than **1Black Fitness** in San Jose, California. With a focus on accessibility and community, this gym is **good for kids** and features impressive **amenities** for everyone.

Accessibility for All

1Black Fitness takes inclusivity seriously. The facility boasts a **wheelchair-accessible entrance** and **wheelchair-accessible seating**,

ensuring that all members can easily navigate the space. Additionally, the **“wheelchair-accessible car park”** makes it convenient for those who require accessible transportation options. The attention to **“accessibility”** extends to essential **“toilet”** facilities, providing peace of mind for all visitors.

Family-Friendly Environment

One of the standout features at 1Black Fitness is its commitment to being **“good for kids”**. Parents can feel comfortable bringing their children, knowing that there are programs tailored for younger audiences. This family-friendly atmosphere makes working out a shared experience that encourages healthy habits among all ages.

Personalized Training with Lamon

At the heart of 1Black Fitness is trainer **“Lamon”**, whose passion for fitness is evident through his unique training methods. Clients have experienced transformative results under his guidance. One satisfied member shared, “I’ve lost an additional 24 lbs while working out with him,” highlighting Lamon’s ability to cater workouts to individual needs. Lamon’s dedication to crafting personalized plans, including meal strategies, helps clients achieve their fitness goals efficiently. His **“patience, thoughtfulness”**, and challenge-oriented approach empower members to push beyond their limits. As one member stated, “Training with you has benefited my perspective in other areas of my life and I feel more empowered than ever before.”

A Motivating Atmosphere

1Black Fitness prides itself on creating a motivating setup that makes every workout enjoyable. Reviewers often highlight the **“unique and varied workouts”** that take place in a vibrant environment. Members leave feeling **“stronger”**, **“refreshed”**, and ready to tackle their day. Whether you are new to fitness or a seasoned athlete, 1Black Fitness provides the support and resources necessary to thrive. The results-driven approach, along with a commitment to accessibility and family values, truly sets this gym apart.

Final Thoughts

If you are seeking a fitness center in San Jose that prioritizes inclusivity, personal growth, and effective results, look no further than **“1Black Fitness”**. With Lamon at the helm, you can expect a journey filled with motivation, empowerment, and successful transformation. Don’t miss the opportunity to be a part of this incredible fitness community!

We are situated in

2129 S 10th St, 95112 San Jose, California - United States (US)

The phone number of said **Fitness center** is +1925-722-8406

And if you want to send a WhatsApp, you can do so at +1925-722-8406

We are open during the following hours:

Day Hours

Monday

5?AM–12?PM

Tuesday

6?AM–7?PM

Wednesday

7:30–10?AM

Thursday

Closed

Friday

10?AM–8?PM

Saturday

5?AM–12?PM

Sunday

10?AM–8?PM

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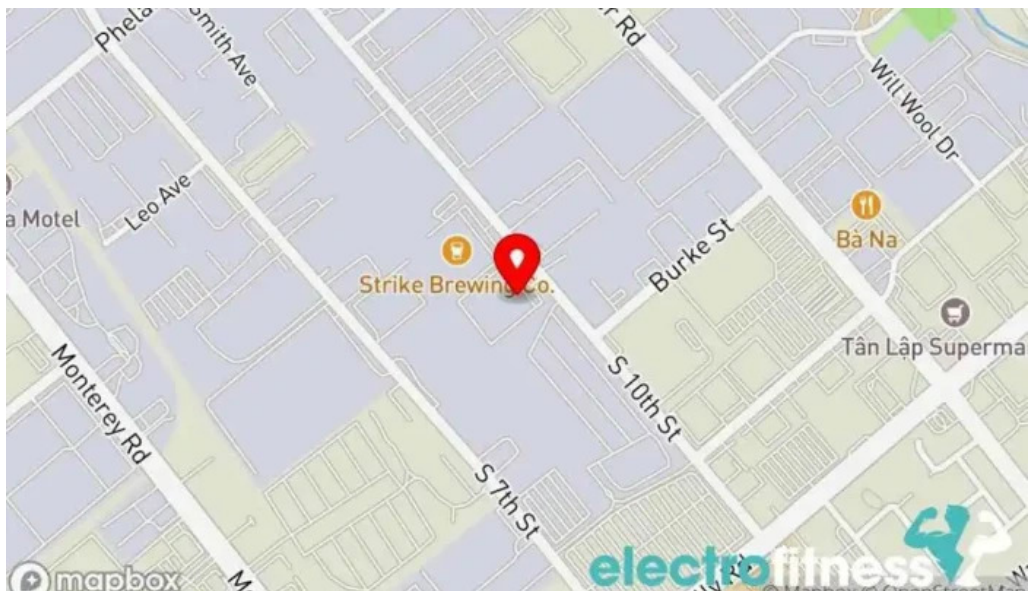
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Tags

Wheelchair-accessible entrance, Children, Good for kids, Amenities, Toilet, Accessibility, Wheelchair-accessible car park, Wheelchair-accessible seating

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