

Bosslady Fit - Springfield

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springfield

Bosslady Fit - Springfield

Welcome to BossLady Fit: Your Fitness Home in Springfield, Massachusetts

Located in the heart of Springfield, **BossLady Fit** is more than just a fitness center; it's a community that fosters inclusivity, motivation, and personal growth. Since its inception, this vibrant studio has transformed countless lives, offering a welcoming environment where everyone feels at home.

Service Options That Cater to Everyone

At BossLady Fit, a variety of **service options** are designed to suit individual fitness needs. Whether you're looking for high-energy classes like Spin or more relaxed sessions, you'll find it all here. The instructors at BossLady Fit are dedicated and adaptable, ensuring that every member gets the best possible experience tailored to their unique goals.

Accessibility for All

The gym prides itself on being **wheelchair-accessible**, featuring a convenient car park that is easy to navigate. Everyone deserves the opportunity to pursue a healthier lifestyle, and BossLady Fit ensures accessibility for all members of the community.

Online Classes for Flexibility

In addition to in-studio workouts, BossLady Fit offers **online classes** for those who prefer to exercise from home. This flexibility allows members to join the fitness journey no matter where they are, ensuring that nobody has to miss out on the incredible community vibe and expert guidance from the instructors.

A Supportive Community

With heartfelt testimonials from many satisfied members, it's clear that BossLady Fit is recognized for its supportive atmosphere. One member expressed, "It's truly my home away from home, my second family." This sense of belonging is what sets BossLady Fit apart from other fitness centers.

Transformative Experiences

Many have shared their transformative experiences at BossLady Fit. One enthusiastic member noted, "Yashira aka BossLady was very inviting and took the time to get to know me, my wants, my goals." Such personalized attention helps build confidence, making every workout an enjoyable experience.

Delicious Nutrition Options

Aside from exceptional fitness classes, BossLady Fit offers a range of nutritious options, including **teas, shakes, and healthy snacks**. Members rave about the delicious Herbalife shakes available, providing an excellent post-workout boost!

Join the Movement

If you're looking for an empowering, judgment-free zone where you can focus on your fitness goals while being surrounded by motivated individuals,

BossLady Fit is the place to be. With flexible hours, amazing community vibes, and top-notch instructors, it's no wonder people describe it as their "second home."

Experience the energy and support today—visit BossLady Fit in Springfield and join a movement that is changing lives!

The premises are located at

218 St James Blvd, 01104 Springfield, Massachusetts - United States (US)

The contact line of the respective **Fitness center** is +1413-455-3352

And if you want to send a WhatsApp, you can do so at +1413-455-3352

We are open during the following hours:

Day Hours
Monday

8:30?AM–1?PM

Tuesday

8:30?AM–12?PM

Wednesday

8:30?AM–2:30?PM 4:30–6:30?PM

Thursday

8:30?AM–2:30?PM 4:30–6:30?PM

Friday

8:30?AM–2:30?PM 4:30–6:30?PM

Saturday

8:30?AM–2:30?PM 4:30–6:30?PM

Sunday

8:30?AM–2?PM

The website is Bosslady Fit

In case you want to alter any detail that you believe is incorrect about this portal, we ask send a message so we can we will adjust it as soon as possible. With anticipation thanks for your cooperation.

Images



Bosslady fit videos



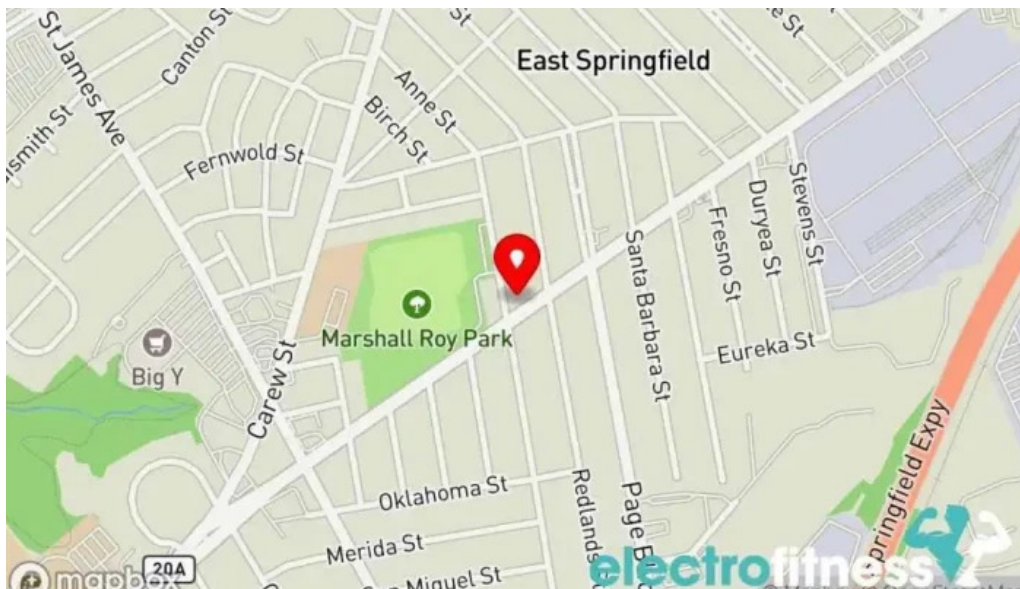
Bosslady fit street view 360deg



Bosslady fit springfield



Bosslady fit schedule



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Tags

Service options, Online classes, Wheelchair-accessible car park, Accessibility

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| |
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| bar |
| basketball club |
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| coworking space |
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| dance school |
| day spa |
| dollar store |
| elementary school |
| exercise equipment store |
| firearms academy |
| fitness |
| fitness center |
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| golf club |
| golf course |
| golf instructor |
| grocery store |
| gym |
| gymnastics center |
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| health spa |
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| muay thai boxing gym |
| non-profit organization |
| nutritionist |
| park |
| parking lot |
| personal trainer |
| pharmacy |
| physical fitness program |
| physical therapist |
| physical therapy clinic |
| pickleball court |
| pilates studio |
| private golf course |
| public educational institution |
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| spa and health club |
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