

Body by Lee - Abingdon

abingdon

 I'm not a robot 
RECAPTCHA

Published on: 16/03/25	Hits: 407
Comments: 0	See comments
Votes: 37	Score: 4.8

https://www.electrofitness.com/gym/abingdon/body-by-lee-abingdon_165891.php



abingdon

Body by Lee - Abingdon

Exploring Body by Lee Gym in Abingdon, Virginia

Body by Lee, located in Abingdon, Virginia, stands as a prominent fitness facility that caters to various clientele with diverse fitness needs. Boasting an array of **amenities** and exceptional service options, it has become a favored destination for many local fitness enthusiasts.

Service Options and Amenities

At Body by Lee, **membership is required** to access the extensive services offered. The gym provides 24-hour access, making it convenient for all

schedules. Members can enjoy a clean space equipped with a wide variety of machines designed for different workout types, ensuring adequate support for both beginners and advanced lifters alike. The training staff, known for being knowledgeable and friendly, contributes significantly to the overall experience. The gym also features a **designated women's area**, catering to those seeking privacy during their workouts. This separate area has been highly praised by members, providing a comfortable environment for female gym-goers.

Accessibility Features

Body by Lee emphasizes **accessibility** for all its members. It provides a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring everyone can enjoy the facilities without barriers. Such features contribute to the welcoming atmosphere that encourages individuals from all walks of life to embark on their fitness journeys.

On-Site Services and Wi-Fi Availability

In addition to its well-maintained equipment, Body by Lee offers several **on-site services**, including personal training sessions tailored to individual goals. Many members have highlighted the effective guidance provided by trainers, particularly Misty, whose motivation and individual approach have received glowing reviews. The presence of **Wi-Fi** is another modern amenity that allows members to stay connected while working out.

Planning Your Visit

If you are considering joining Body by Lee, planning your visit ahead of time can enhance your experience. With the availability of various training routines, ample equipment, and a vibrant community atmosphere, you will likely find what you need to achieve your fitness goals. Whether you are looking for a vigorous workout or a supportive environment, Body by Lee aims to deliver on all fronts.

Conclusion

Overall, Body by Lee in Abingdon is more than just a gym; it's a community dedicated to fostering health and wellness for all its members. With its focused approach on customer service, top-notch amenities, and commitment to accessibility, it confidently stands out among fitness facilities in the area. If you're looking to begin or continue your fitness journey, Body by Lee may be the perfect place for you.

The business is situated at

889 Empire Dr SW, 24210 Abingdon, Virginia - United States (US)

The contact line of the respective **Gym** is +1276-739-0188

And if you want to send a WhatsApp, you can do so at [+1276-739-0188](https://www.whatsapp.com/business/profile/12767390188)

You can visit us at the following hours:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

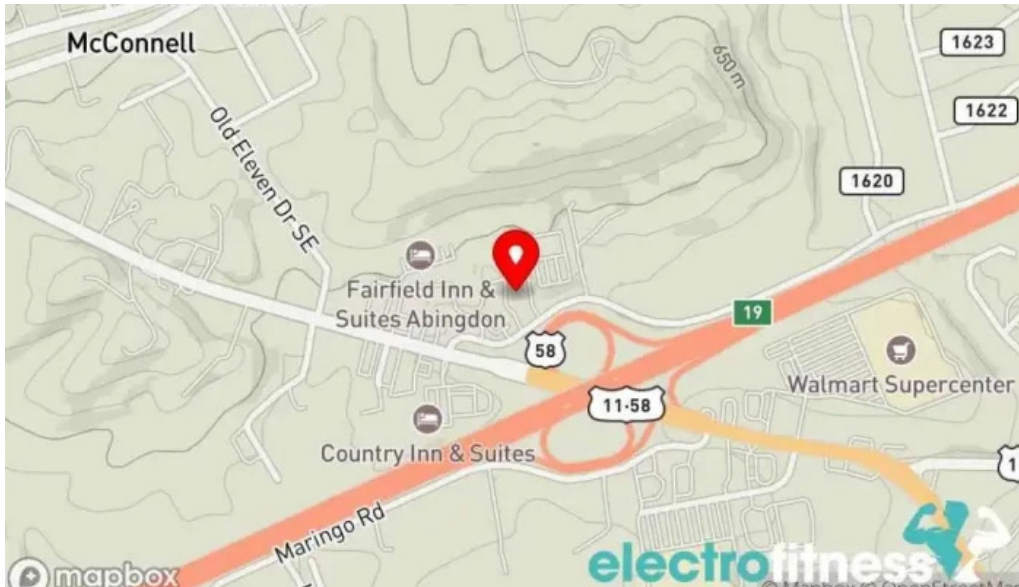
The website is [Body by Lee](#)

If necessary to update any information that you believe is not correct related to this site, we urge you to forward a message and we will correct it as soon as possible. Thanks beforehand thanks for your cooperation.

Images



Body by lee street view 360deg



Body by lee map



Body by lee gym



Body by lee exercise machine



Body by lee by owner



Body by lee all



Body by lee abingdon

Tags

Accessibility, Service options, On-site services, Wheelchair-accessible entrance, Amenities, Membership required, Wi-Fi, Planning, Wheelchair-accessible car park

Related content

5.0 * *The Fit Body Coach - Abilene*

5.0 * *One Love Mind Body - Aberdeen*

4.3 * *Classic Bodyworks 24 Hour Gym & Fitness - Portage*

4.9 * *Orangetheory Fitness - Dyer*

4.7 *	<i>Hendrick Health Club - Abilene</i>
5.0 *	<i>Hyperthrive Athletics Texas - Abilene</i>
4.8 *	<i>Fitness Evolution - St John</i>
5.0 *	<i>United Athletics Fitness - Littlestown</i>
5.0 *	<i>Integrated Movement - Valparaiso</i>
5.0 *	<i>FiTrain Llc - Valparaiso</i>

Categories

amusement park ride
arena
association / organization
boxing gym
boxing ring
church
community center
convenience store
country club
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hospital
hotel
indoor cycling
jujitsu school
kickboxing school
martial arts club
martial arts school
non-profit organization
personal trainer
physical fitness program
physical therapy clinic
pilates studio

public educational institution
recreation center
rock climbing gym
school district office
shooting range
sports complex
tennis club
thrift store
vitamin & supplements store
wellness center
yoga studio