


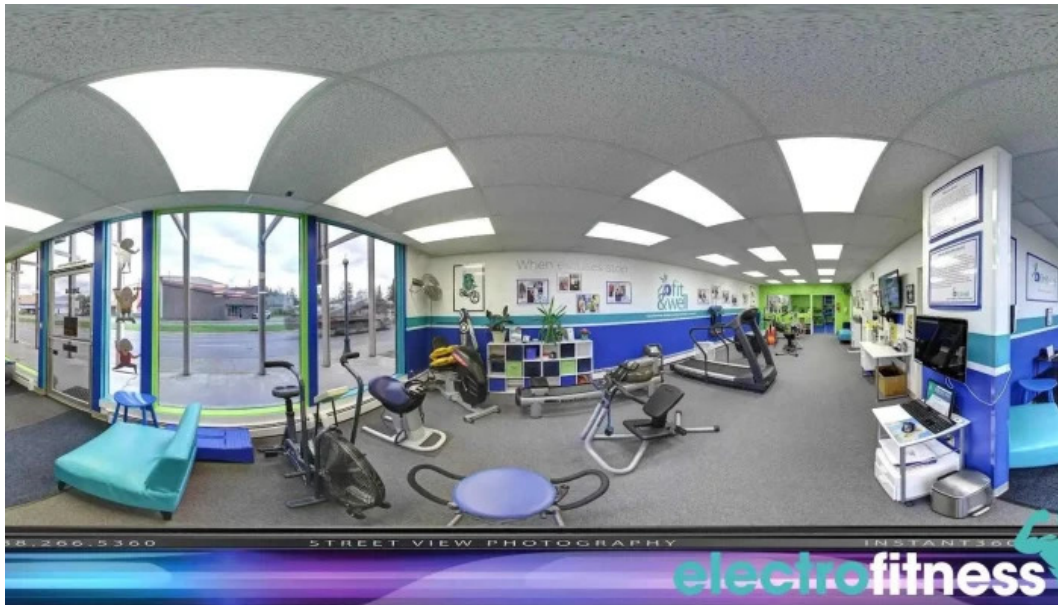
BFit & Well Annex - Anchorage

anchorage

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BFit & Well Annex - Anchorage

Welcome to BFit & Well Annex: Your Inclusive Fitness Destination in Anchorage

If you're looking for a gym that prioritizes community, personalized training, and accessibility, look no further than BFit & Well Annex in Anchorage, Alaska. This unique fitness studio stands out not just for its excellent coaching, but also for its commitment to making fitness accessible for everyone.

Accessibility Features You Can Count On

At BFit & Well Annex, the gym is designed with inclusivity in mind. Visitors can

take advantage of a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can join in on the fitness journey without barriers. Whether you are a seasoned athlete or a beginner, the welcoming atmosphere makes it easy to dive into your fitness goals.

Functional Fitness at Its Best!

Described by members as a place where "functional fitness is at its best," BFit & Well Annex offers a variety of workout options tailored for all fitness levels. Bonnie Murphy, the dedicated owner and head coach, has built an environment where small class sizes create a family-like atmosphere. The feedback from members highlights not only her expertise in fitness training but also her ability to connect with clients on a personal level. Bonnie's classes are designed for individuals at every stage of their fitness journey. From beginners to seasoned athletes, everyone finds their footing here. One member shares, "I've been exercising around three times a week on average with Bonnie since I was 39...I'm 64! I started with her because I decided I needed to do something positive." This statement captures the essence of BFit & Well—an empowering space encouraging members to reclaim their strength and confidence.

A Community Like No Other

What truly sets BFit & Well apart is its sense of community. Members support one another and celebrate each other's achievements, whether they are large or small. As one member noted, "I also have gained many friends in the camaraderie that happens as we cheer each other on." This spirit of encouragement fosters a positive environment that keeps members coming back.

Individualized Training for Maximum Results

Bonnie has an impressive talent for tailoring fitness programs to meet individual needs. "She works well with individuals of all fitness levels!" praises a long-time member. This personalized approach has helped many members achieve their fitness goals and transform their lives. Another member shared, "Once upon a time, I could easily talk myself out of exercising if I didn't feel great. Now I know chances are I'll feel better if I go to class."

Transform Your Life at BFit & Well Annex

Joining BFit & Well Annex means investing in both physical and mental well-being. Members have reported significant improvements in their overall health, strength, and happiness. "I'm getting stronger, more flexible, and able to move more comfortably as I age," says a satisfied client. It's clear that Bonnie's philosophy of "movement is medicine" resonates deeply with those who come through the door. In conclusion, if you're in Anchorage and searching for an inclusive, supportive, and effective fitness center, BFit & Well Annex is the place

to be. With accessible features, a strong sense of community, and expert guidance, it's time to take charge of your fitness journey with Bonnie and the amazing team at BFit & Well. Join us today—you won't regret it!

The location of our premises is

3934 Spenard Rd b, 99517 Anchorage, Alaska - United States (US)

The phone of said **Gym** is +1907-229-7652
And if you want to send a WhatsApp, you can do so at +1907-229-7652

Our business hours are:

| Day | Hours |
|-----------|-----------|
| Monday | Closed |
| Tuesday | 9?AM–6?PM |
| Wednesday | 9?AM–6?PM |
| Thursday | 9?AM–6?PM |
| Friday | 9?AM–6?PM |
| Saturday | Closed |
| Sunday | Closed |

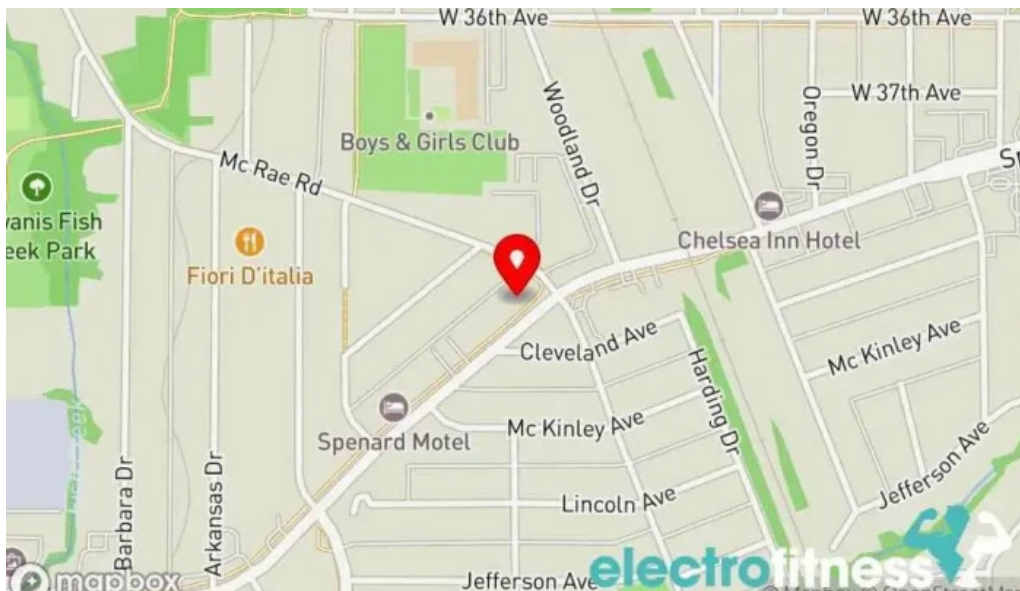
The website is BFit & Well Annex

In case you want to change any information that you believe is not correct concerning this portal, we ask forward a message so that we will adjust it as soon as possible. With anticipation thanks for your cooperation.

Images



Bfit well annex street view 360deg



Bfit well annex map

in personal wellness and fitness. Understanding your body's unique composition is the first step toward achieving your health and fitness goals. That's why we are proud to offer our community no-cost in-body scans, a cutting-edge service designed to provide you with critical insights into your body fat, lean muscle mass, and hydration levels.

Why an InBody Scan?

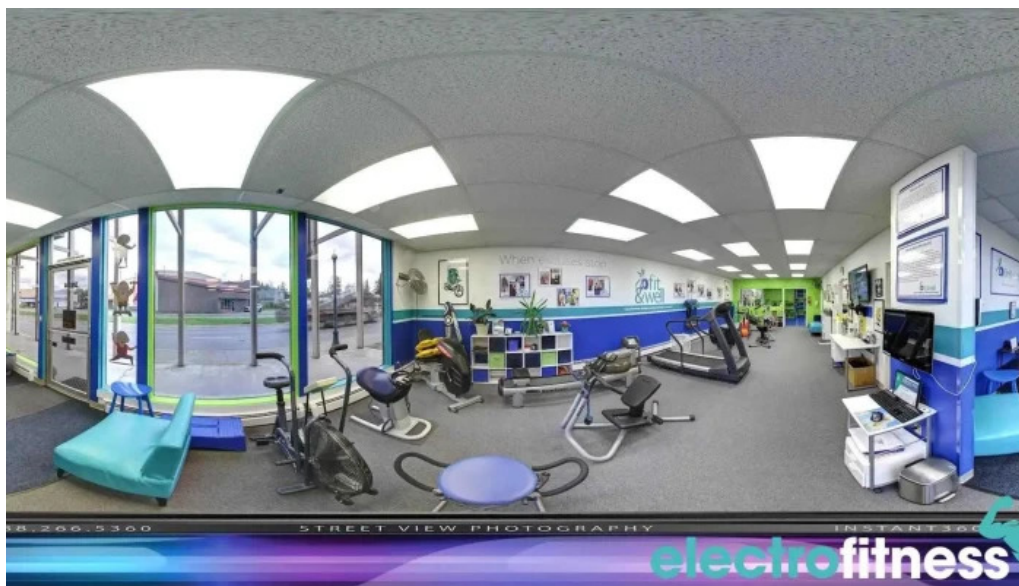
Your body is your most precious asset, and knowing what it's made of can make all the difference. Traditional weight measurements can be deceptive because they don't distinguish between muscle, fat, and hydration levels. Our state-of-the-art in-body scans do just that, offering a comprehensive analysis that goes beyond the scale to show you exactly what you're made of.

What to Expect from Your Scan

Each no-cost scan at Bfit & Well Studios is a simple, non-invasive procedure that takes only a few minutes to complete. It provides detailed information about your:

- **Muscle Mass:** Understand the distribution of muscle in your body to target your workouts more effectively.

Bfit well annex by owner



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Bfit well annex all

Tags

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

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