

Freedom Fitness Personal Training Studio - Anderson

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Discover Gym Freedom Fitness Personal Training Studio in Anderson, South Carolina

If you're looking for a gym that prioritizes not just physical fitness but also mental well-being, look no further than ****Gym Freedom Fitness Personal Training Studio****. Located in Anderson, South Carolina, this facility is designed to cater to everyone, including those who require special accessibility features.

Accessibility Features You Can Count On

At Gym Freedom Fitness, the commitment to inclusivity is evident with its ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****. This ensures that all members of the community can participate in fitness activities without barriers.

A Personal Touch in Training

One of the standout experiences shared by a member is the personal training she received from Raegan during a promotional giveaway. She emphasized that understanding how to maintain a ****calorie deficit**** is fundamental, but what truly matters is the holistic approach to fitness. Raegan's dedication to teaching proper form and techniques showcases the studio's commitment to educating its clients.

The Importance of Mental Well-Being

While numbers like weight and calories are often focused on in fitness environments, Raegan made it clear that the psychological aspect of fitness is just as crucial. The positive experience emphasizes how the trainers at Gym Freedom Fitness want their clients not only to improve physically but also to feel good mentally. This balanced approach is a hallmark of their philosophy.

A Welcoming Environment

Even if you're just passing by, you'll notice the clean and well-lit atmosphere that Gym Freedom Fitness offers. A well-maintained gym creates a welcoming environment for both new and returning members. Such facilities encourage individuals to make fitness a part of their daily lives.

Join the Community at Gym Freedom Fitness

Whether you're an experienced athlete or just starting your fitness journey, Gym Freedom Fitness Personal Training Studio in Anderson, South Carolina, provides the tools and training necessary for success. With its focus on accessibility and comprehensive mental and physical health, it's the perfect place for everyone to achieve their fitness goals.

The business is situated at

2802 E North Ave, 29621 Anderson, South Carolina - United States (US)

The phone number of this **Gym** is +1910-489-0706

And if you want to send a WhatsApp, you can do so at +1910-489-0706

Visit us during the following hours:

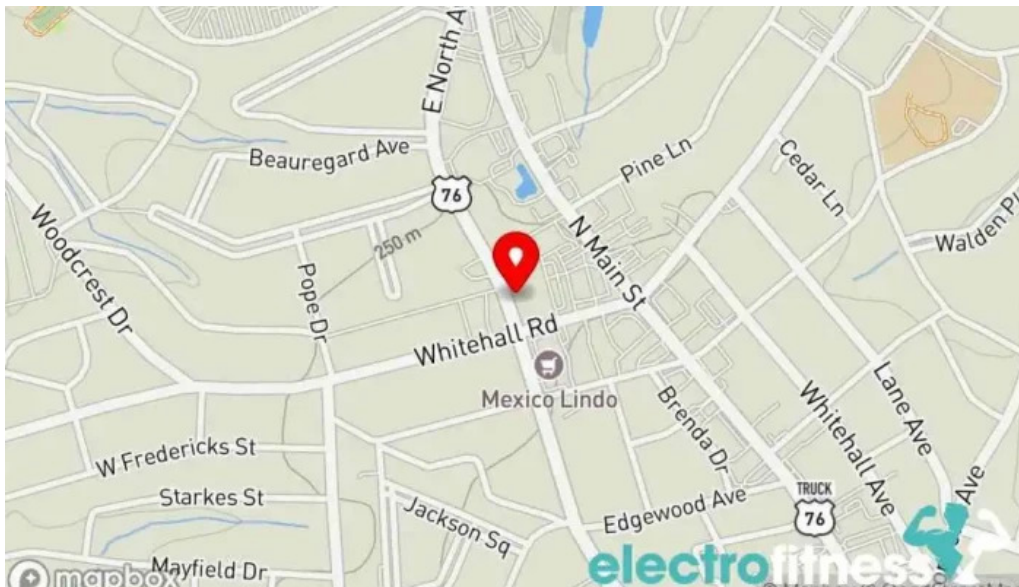
Day Hours
Monday
Closed
Tuesday
Open 24 hours
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Open 24 hours
Thursday
Open 24 hours
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Closed

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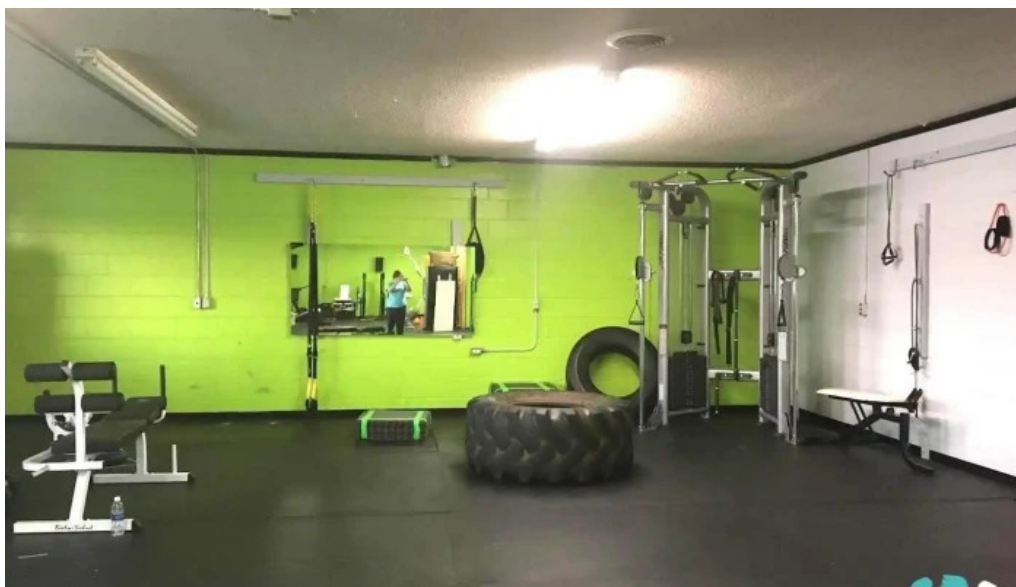
Freedom fitness personal training studio street view 360deg



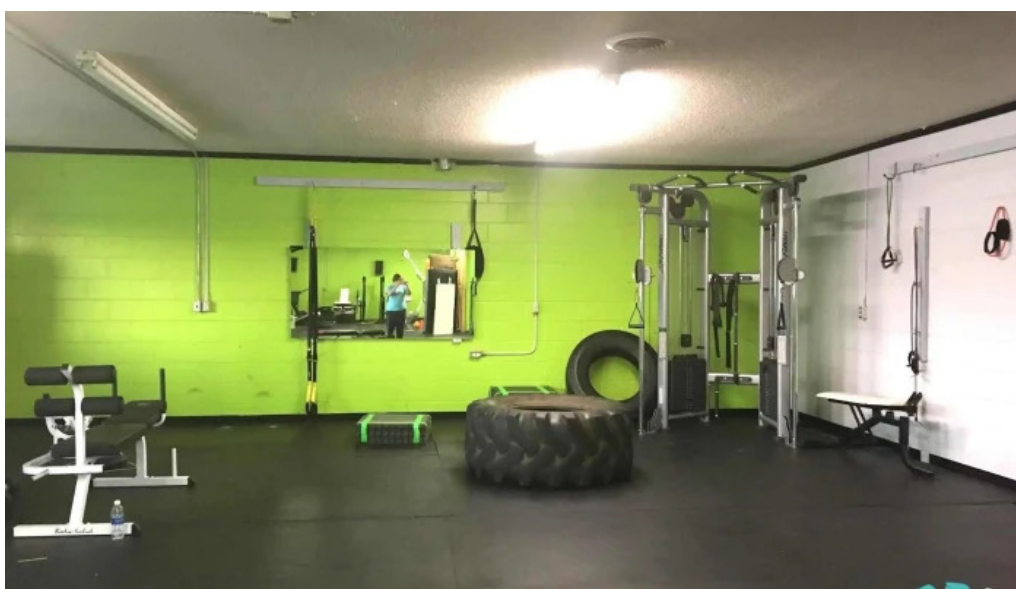
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Tags

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

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