

## Eat The Frog Fitness - Ankeny - Ankeny

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## *Eat The Frog Fitness - Ankeny - Ankeny*

### **Discovering Accessibility at Eat The Frog Fitness - Ankeny, Iowa**

Eating healthy and maintaining fitness is a journey that should be accessible to everyone. **\*\*Eat The Frog Fitness (ETF)\*\*** in Ankeny, Iowa, stands out not only for its dynamic workout programs but also for its commitment to accessibility.

#### **Wheelchair-Accessible Car Park**

One of the first considerations for any gym-goer is whether the facility provides convenient access. ETF takes pride in offering a **\*\*wheelchair-accessible car park\*\*** that ensures easy access for all members. With a dedicated parking

space, individuals with mobility challenges can enjoy peace of mind as they prepare to engage in their fitness journey.

### **Welcoming Wheelchair-Accessible Entrance**

Entering a gym can sometimes be daunting, especially for those who require additional accommodations. At ETF, a **\*\*wheelchair-accessible entrance\*\*** welcomes everyone, making it easier for all members to participate in the invigorating classes offered. The thoughtful design of the facility exemplifies a commitment to inclusivity, ensuring that no one feels left out.

### **A Diverse Fitness Experience**

Members rave about the variety of workouts available at ETF. "The workouts are individualized, but performed in a group environment, so it forces you to put your best effort out," one member expressed. Classes offer options for cardio, strength, and agility, ensuring that participants of all fitness levels can find something that excites them.

### **Community and Coaching**

What truly sets Eat The Frog apart is its community atmosphere. Members frequently mention the supportive environment, stating, "I've been a member for a year and a half and I absolutely love it!" The exceptional coaching staff is highlighted regularly, providing personalized guidance and motivation. One enthusiastic member noted, "The instructors are awesome and everyone is beyond nice."

### **Innovative Technology for Tracking Progress**

A standout feature at ETF is the innovative use of heart rate monitors. Members can track their progress in real-time, resulting in a more engaging and motivating workout experience. Seeing calories burned and heart rates displayed on screens offers an extra layer of encouragement for everyone involved.

### **Commitment to Overall Health**

ETF goes beyond just fitness; it encourages an overall healthy lifestyle. Members appreciate that the workouts support overall health and mobility, rather than simply focusing on weight loss. The approach is holistic, making it a haven for those looking to improve not just their physique but also their mental well-being.

### **Why You Should Join**

If you're considering joining a gym that prioritizes accessibility while providing a fantastic workout experience, look no further than **\*\*Eat The Frog Fitness - Ankeny\*\***. With its wheelchair-accessible features and an inclusive environment, it's a place where everyone can thrive regardless of their fitness level. As one

member enthusiastically stated, "10/10 recommend!" Experience the difference today and embrace a healthier, more active lifestyle at ETF!

**You can find us in**

2785 N Ankeny Blvd Suite 15, 50023 Ankeny, Iowa - United States (US)

The contact phone of the mentioned **Gym** is +1515-505-7130

And if you want to send a WhatsApp, you can do so at +1515-505-7130

**We look forward to seeing you at:**

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 Eat The Frog Fitness - Ankeny

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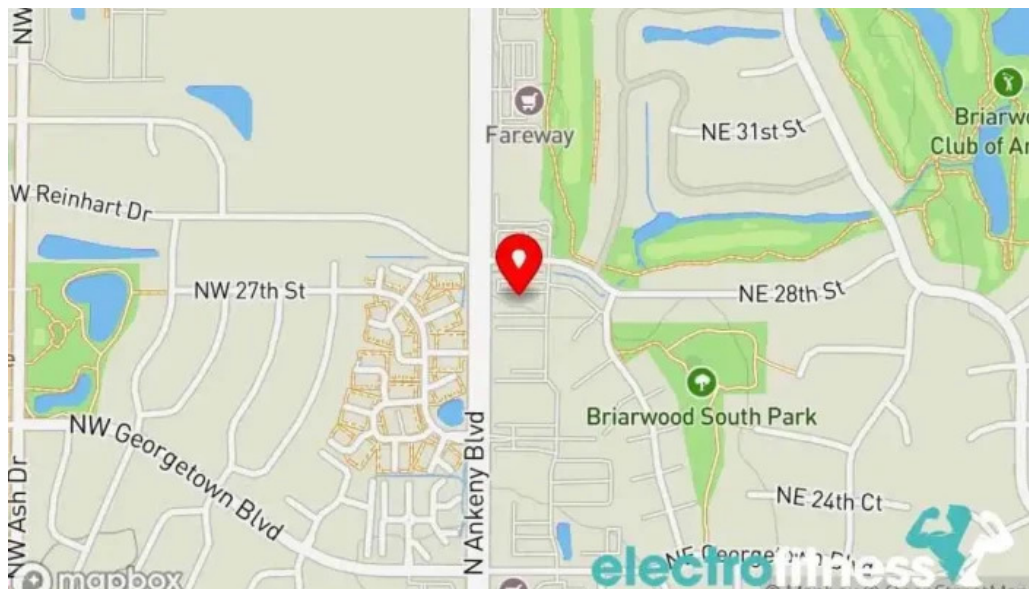
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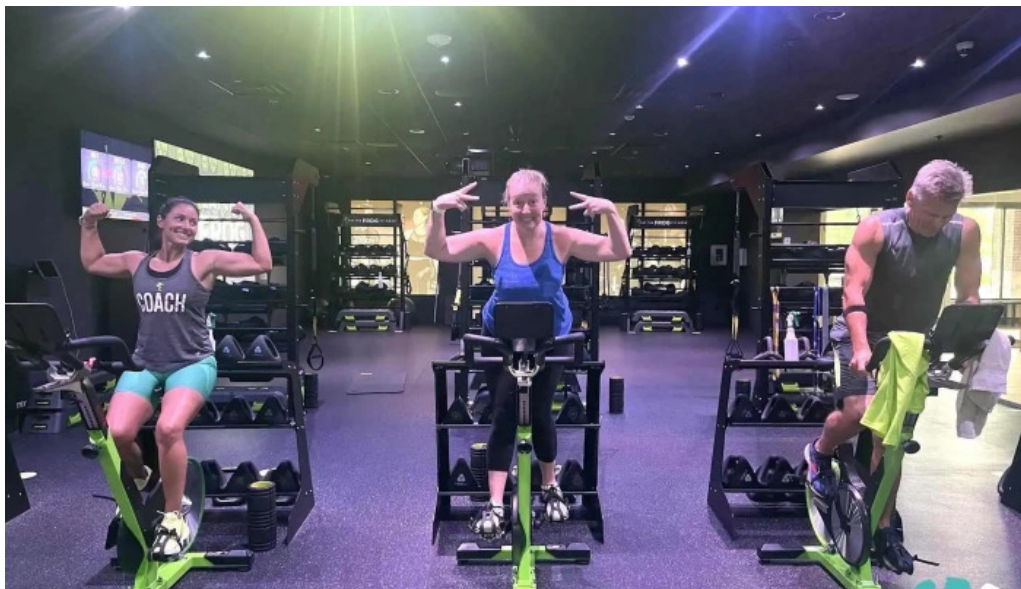
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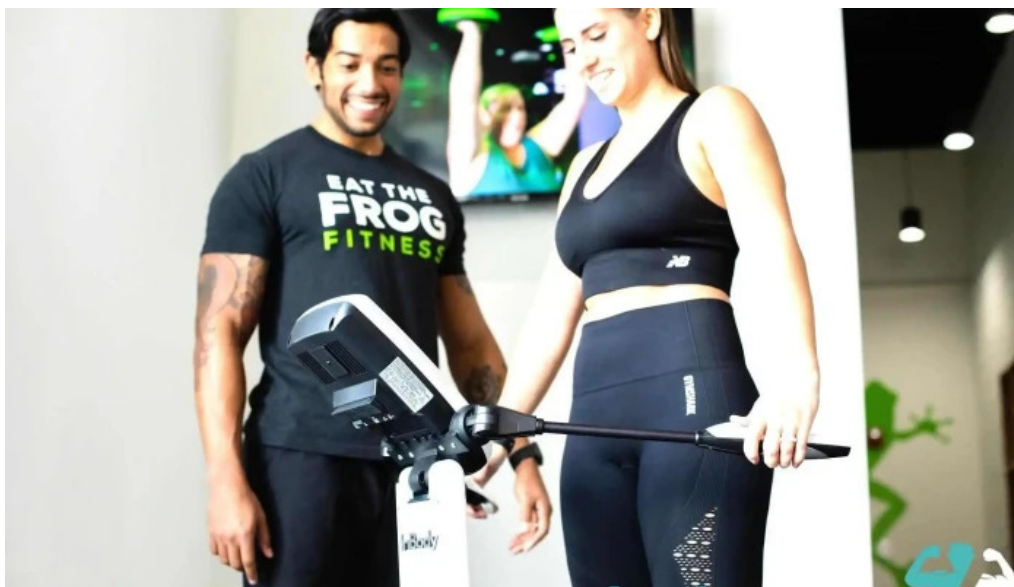


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*Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance*

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