

## A1 Fitness - Holland - Holland

holland

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## *A1 Fitness - Holland - Holland*

### **A1 Fitness: Your Home for Health and Wellness in Holland, Michigan**

If you are looking for a welcoming and supportive environment to improve your fitness, look no further than **A1 Fitness** in Holland, Michigan. This gym has become a cornerstone for individuals seeking a lifestyle change, offering a comfortable atmosphere that caters to a diverse range of fitness levels.

### **Accessibility at A1 Fitness**

A1 Fitness understands the importance of accessibility. The gym features a **wheelchair-accessible car park**, ensuring ease of access for all members. Furthermore, the **wheelchair-accessible entrance** makes it convenient for everyone to participate in the various classes offered.

## **A Supportive Environment**

Many members have praised the sense of community they feel at A1 Fitness. One member shared, "I truly have found a family at A1 Fitness!" With trainers like Coach Brandon leading the charge, newcomers quickly feel supported in their journey. Whether it's modifying workouts for those with prior injuries or providing individualized attention, the staff is dedicated to helping you achieve your personal goals.

## **Quick and Effective Workouts**

One of the standout features of A1 Fitness is its **30-minute class format**. Members have noted how these quick yet impactful sessions not only fit into busy schedules but also deliver impressive results. As one satisfied member stated, "The 30-minute group classes offer a great combination of high-intensity interval training, strength, conditioning, and mobility." This efficient structure allows participants to maximize their workout without feeling overwhelmed.

## **Diverse Class Offerings**

The variety of workouts keeps members engaged and motivated. With daily changing routines, no two classes are ever the same, helping prevent boredom. Many members have highlighted the importance of this variety in maintaining their long-term commitment to fitness. "Every day is different and impactful," noted one enthusiastic participant.

## **Testimonials from Satisfied Members**

The positive feedback from A1 Fitness members speaks volumes. One individual remarked, "A1 Fitness is not only a gym but a family." Another mentioned the supportive atmosphere, stating, "I was scared of being judged, but what I found was support, laughter, and encouragement." These testimonials emphasize the gym's goal: to create a nurturing space where everyone can thrive.

## **Join the A1 Fitness Community!**

Are you ready to embark on your fitness journey? A1 Fitness in Holland, Michigan, welcomes everyone to come and experience their unique approach to

health and wellness. With a focus on accessibility, personalized training, and community support, you are sure to find your place within the A1 family. Don't hesitate—join today and discover how just 30 minutes can change your life!

**You can visit us at the address:**

180 E 40th St, 49423 Holland, Michigan - United States (US)

The contact phone of said **Gym** is +1616-312-4312

And if you want to send a WhatsApp, you can do so at +1616-312-4312

**Our opening hours are:**

Day Hours  
Monday

8–8:30?AM

Tuesday

5–9?AM 12–12:30?PM 4–6?PM

Wednesday

5–9?AM 12–12:30?PM 4–6?PM

Thursday

5–9?AM 12–12:30?PM 4–6?PM

Friday

5–9?AM 12–12:30?PM 4–6?PM

Saturday

6–9?AM 12–12:30?PM 4–4:30?PM

Sunday

8–9:30?AM

The website is A1 Fitness - Holland

If you need to adjust any detail that you believe is not accurate related to this portal, we kindly request forward a message so we can we will correct it promptly. Thanks beforehand thanks.

## Images



*A1 fitness holland holland*



*A1 fitness holland map*



*A1 fitness holland gym*



*A1 fitness holland by owner*





*A1 fitness holland all*

## Tags

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

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**4.8 \*** *Jazzercise Spokane Center North - Spokane*

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**4.6 \*** *J B Fitness Gym 24 Hour Access - Sultan*

**4.9 \*** *Orangetheory Fitness - Dyer*

**5.0 \*** *Sault Fitness - New Bedford*

**3.7 \*** *402 Fitness - Hastings*

**5.0 \*** *Huffington Pilates and Fitness Studio - Abilene*

## Comments

**Kenneth Reynolds**

08-05-25 03:35

*The A1 Fitness 30-minute class 'as been a splendid way to shed pounds, boost flexibility, agility, and*

*pack on some muscle and power. The community 'as been so warm and friendly, and I've even made some mates along the way. 'Tis truly worth every penny! Cheers to Coach Brandon for 'is guidance!*

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course

dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store



muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility

swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization