

## The Shed - Lafayette

lafayette

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*lafayette*

### *The Shed - Lafayette*

#### **Discover The Shed: A Welcoming Gym Experience in Lafayette, Louisiana**

If you're on the lookout for a gym that not only focuses on physical fitness but also fosters a sense of community, look no further than **\*\*The Shed\*\*** in Lafayette, Louisiana. This unique facility is known for its positive atmosphere and inclusive environment, making it an ideal choice for individuals of all experience levels.

#### **Accessibility for Everyone**

One of the standout features of The Shed is its commitment to **\*\*accessibility\*\***.

The gym boasts a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy their fitness journey without barriers. This attention to accessibility is just one aspect of what makes The Shed a truly welcoming space.

## **A Supportive Community**

New members often highlight the supportive community at The Shed. Many have shared their experiences of feeling immediately welcomed upon entering. For instance, one member noted, "I had zero experience in any form of martial arts... but from day one, I felt completely welcomed." Coaches, especially Coach Elliot, are described as incredibly supportive and patient, helping everyone—regardless of their background or experience level—feel at home.

## **Exceptional Coaching and Training**

The expertise of the coaches at The Shed is another compelling reason to join. Members express confidence in the knowledge and teaching methods of the instructors. One enthusiastic participant stated, "Coach Elliot is very knowledgeable, patient, and explains things in a way that anyone can understand." This creates an environment where individuals can learn not only martial arts but also develop skills applicable to various sports.

## **Transformative Experience**

Beyond physical training, The Shed offers a transformative experience aimed at spiritual and mental well-being. A member described it as a "spirit-filled experience that offers a supportive place to face yourself and all of your excuses." The Shed provides more than just physical workouts; it's a space for personal growth and development.

## **Join The Shed Today!**

Whether you're looking to improve your fitness, learn martial arts, or simply become part of a nurturing community, The Shed is the perfect place for you. With a focus on **\*\*accessibility\*\***, exceptional coaching, and a welcoming environment, it's time to take that step towards a healthier and happier you. Experience the positivity that so many have embraced and become part of The Shed family!

## **We are situated in**

*207 Chance St, 70506 Lafayette, Louisiana - United States (US)*

The contact phone of the respective **Gym** is +1337-658-8928

And if you want to send a WhatsApp, you can do so at +1337-658-8928

## **We open at the following schedule:**

Day Hours

Monday

*Closed*

Tuesday

*9?AM–12?PM 3–7?PM*

Wednesday

*9?AM–12?PM 3–7?PM*

Thursday

*9?AM–12?PM 3–7?PM*

Friday

*9?AM–12?PM 3–7?PM*

Saturday

*9?AM–12?PM 3?PM–12?AM*

Sunday

*12–7?AM 9–11?AM*

The website is [The Shed](#)

If you wish to change any information that you feel is incorrect regarding this site, we ask deliver a message and we will handle it promptly. In advance thanks.

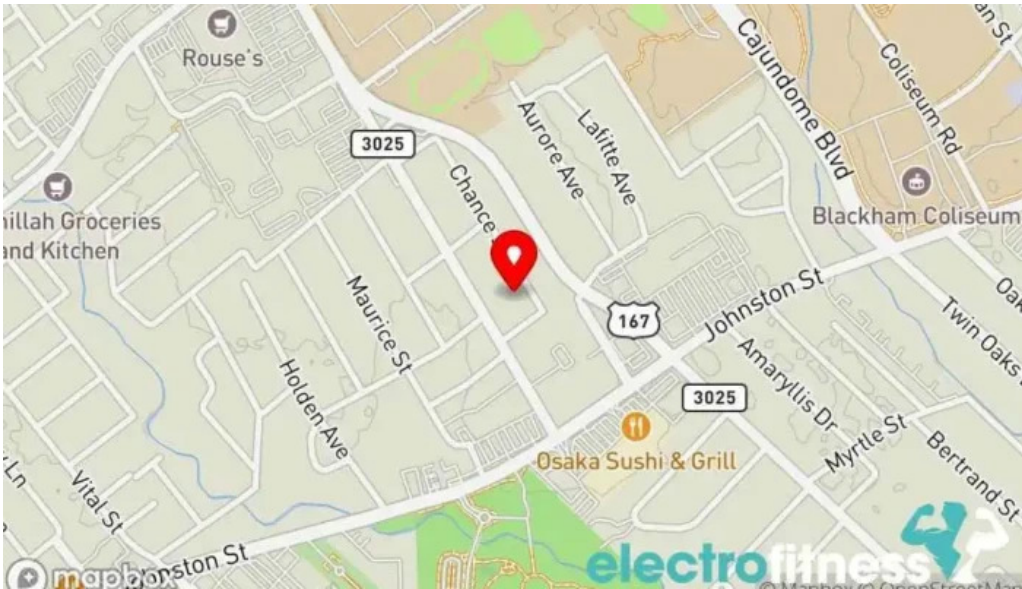
## **Images**



*The shed videos*



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*The shed map*





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*The shed by owner*



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## Tags

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5.0 *	<i>The Yoga Room - Crown Point</i>
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4.7 *	<i>Class Ufc Gym Winfield - Crown Point</i>
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5.0 *	<i>Integrated Movement - Valparaiso</i>
4.9 *	<i>D1 Training Merrillville - Merrillville</i>

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fitness center
golf club
grocery store
gym
gymnastics center
health consultant
hospital
hotel
indoor cycling
jujitsu school
karate school
kickboxing school
martial arts club
martial arts school

non-profit organization
personal trainer
physical fitness program
physical therapy clinic
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sports school
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yoga studio