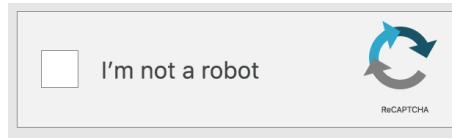


Btu Fitness and Wellness - Lewiston

lewiston



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https://www.electrofitness.com/gym/lewiston/btu-fitness-and-wellness-lewiston_353146.php



lewiston

Btu Fitness and Wellness - Lewiston

Discover BTU Fitness and Wellness in Lewiston, Maine

If you're looking for a place that prioritizes fitness and overall wellness, ****BTU Fitness and Wellness**** in Lewiston, Maine is a gem worth exploring. This gym has garnered positive attention for its welcoming atmosphere and comprehensive offerings.

Facilities and Amenities

At ****BTU Fitness and Wellness****, you'll find state-of-the-art equipment designed to meet all your fitness needs. Whether you are a beginner or an

experienced athlete, the gym offers various machines and free weights, allowing you to tailor your workout to suit your goals.

Group Classes and Training

The gym offers an array of group classes that cater to different fitness levels and interests. From high-intensity interval training (HIIT) to yoga and pilates, there's something for everyone. Participating in these group classes not only enhances your fitness journey but also fosters a sense of community among members.

Personal Training Options

For those seeking personalized guidance, BTU Fitness provides access to certified personal trainers. These professionals are dedicated to helping you achieve your fitness goals, whether it's weight loss, muscle gain, or improving overall health. Their expertise ensures that you receive tailored support throughout your fitness journey.

A Focus on Wellness

Beyond physical fitness, ****BTU Fitness and Wellness**** emphasizes a holistic approach to health. They offer wellness programs that encompass nutrition advice and mental well-being, making it a perfect spot for anyone aiming to improve their lifestyle comprehensively.

Conclusion

In summary, ****BTU Fitness and Wellness**** in Lewiston, Maine stands out as a premier destination for those serious about fitness and well-being. With a variety of classes, experienced trainers, and a supportive community, it is an exceptional choice for anyone looking to embark on or enhance their fitness journey.

We are established at

77 Heather Dr, 04240 Lewiston, Maine - United States (US)

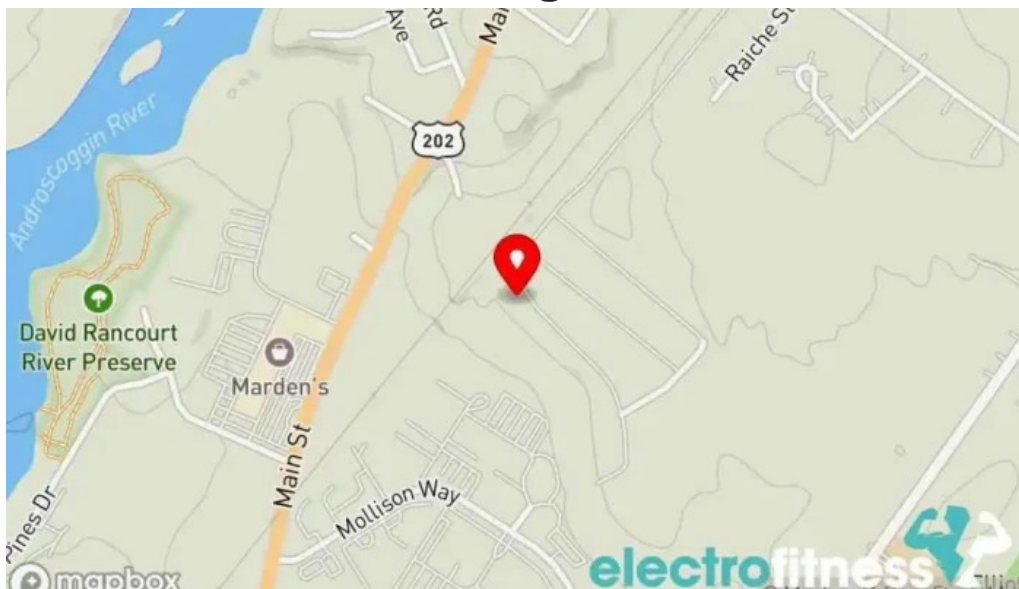
Our opening hours are:

Day Hours
Monday
8?AM–11?PM
Tuesday
8?AM–11?PM
Wednesday
8?AM–11?PM

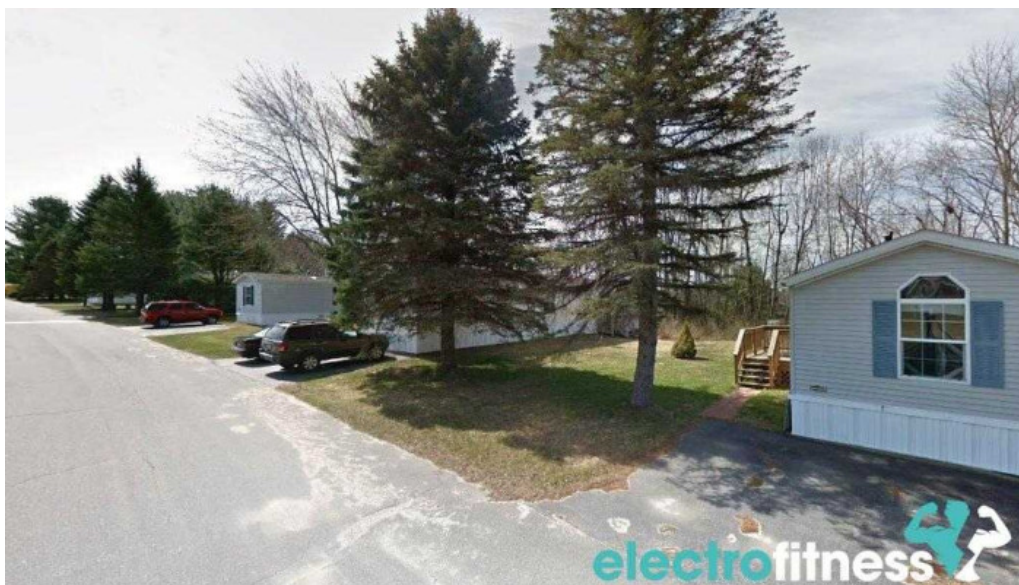
Thursday
8?AM–11?PM
Friday
8?AM–11?PM
Saturday
8?AM–11?PM
Sunday
8?AM–11?PM

In case you want to modify any element that you feel is not accurate concerning this page, please send us a message so we can we will adjust it promptly. With anticipation thank you very much.

Images



Btu fitness and wellness map



Btu fitness and wellness lewiston



Btu fitness and wellness all

Tags

classes, trainers, personal, community, discover, journey, prioritizes, wellness, overall, lewiston, fitness, experienced

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basketball court
batting cage center
beauty salon
beer store
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boot camp
boxing club
boxing gym
boxing ring
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children's party service
chiropractor
church
club
coffee shop
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community center
community health centre
convenience store
corporate office
counselor
country club

coworking space
cultural center
dance club
dance company
dance school
day spa
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discount store
dive shop
doctor
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educational institution
electric utility company
elementary school
exercise equipment store
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fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa

hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center

private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
specialized clinic
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
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supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
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water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
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