

## Shake It Fitness Studio - Lufkin

lufkin

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### *Shake It Fitness Studio - Lufkin*

#### **Welcome to Gym Shake It Fitness Studio in Lufkin, Texas**

Located in the heart of Lufkin, Texas, **\*\*Shake It Fitness Studio\*\*** has become a beloved destination for fitness enthusiasts, especially those who enjoy Zumba. With its welcoming atmosphere and dedicated instructors, this fitness studio is committed to providing an enjoyable workout experience for all.

#### **Accessibility Features**

One of the standout aspects of Shake It Fitness Studio is its **\*\*wheelchair-accessible car park\*\***. This feature ensures that everyone,

regardless of mobility challenges, can easily access the facilities and join in on the fun. The studio prioritizes inclusivity, making it a great choice for individuals seeking a supportive environment to achieve their fitness goals.

## **Why People Love Shake It Fitness Studio**

Many patrons rave about the **Zumba classes** offered at Shake It Fitness Studio. "I love going to Zumba here! The instructor is so nice and she really keeps you pumped up the whole time!" says one enthusiastic attendee. With the energy and motivation provided by the instructor, joining a class feels less like a workout and more like a party. Ms. Shanda, the leading Zumba instructor, is frequently praised for her outstanding teaching style. "Shanda is stupendous and keeps us on our toes," one satisfied member notes. Her classes focus on involving all parts of the body, ensuring that participants not only have fun but also get an effective workout. Attendees often leave the studio sweating and energized, ready to take on whatever comes next.

## **Join the Fun!**

Currently, Shake It Fitness Studio offers one Zumba session per day at **5:45 pm**, making it easy for individuals to fit a workout into their schedules. Plus, first-time visitors are invited to enjoy a **free day** to experience the class and see if it's the right fit for them. Don't miss out on the chance to join the vibrant community at Shake It Fitness Studio—there's nothing like the thrill of dancing and exercising with others! In summary, Shake It Fitness Studio is a fantastic place for both seasoned fitness fans and newcomers alike. With its wheelchair-accessible features and engaging Zumba classes led by the wonderful Ms. Shanda, everyone can find their groove and build a healthier lifestyle. Come check it out and get ready to shake things up!

## **You can come to our business at**

*509 Locke St, 75901 Lufkin, Texas - United States (US)*

The phone of said **Gym** is +1936-866-1998

And if you want to send a WhatsApp, you can do so at +1936-866-1998

## **You can visit us at the following hours:**

Day Hours  
Monday

5:30–6:30?PM

Tuesday

5:30–6:30?PM

Wednesday

*Closed*

Thursday

*Closed*

Friday

*5:30–6:30?PM*

Saturday

*5:30–6:30?PM*

Sunday

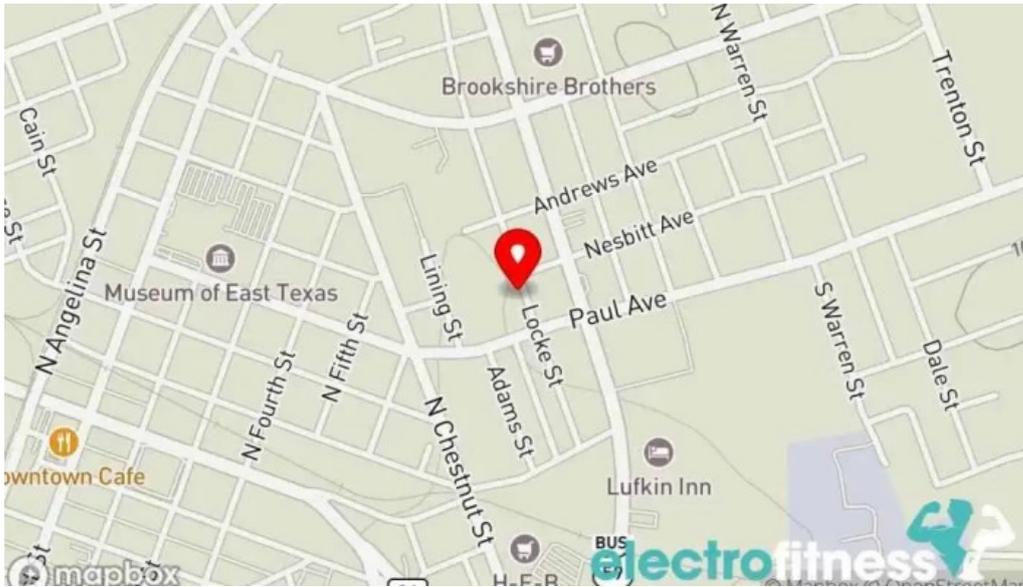
*5:30–6:30?PM*

If you require to alter any information that you think is not accurate concerning this web, please forward a message so we can we will handle it quickly. In advance we appreciate it.

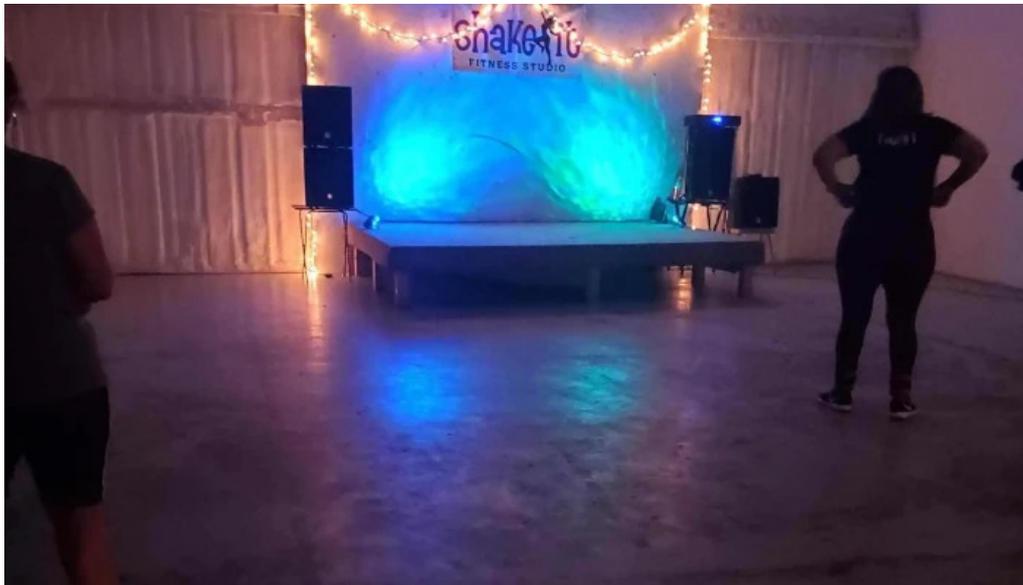
## Images



*Shake it fitness studio street view 360deg*



*Shake it fitness studio map*



*Shake it fitness studio lufkin*



*Shake it fitness studio gym*



*Shake it fitness studio all*

## Tags

*Wheelchair-accessible car park, Accessibility*

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academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym

boxing ring
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children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
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
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
vitamin & supplements store
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
youth organization