

Shake It Fitness Studio - Lufkin

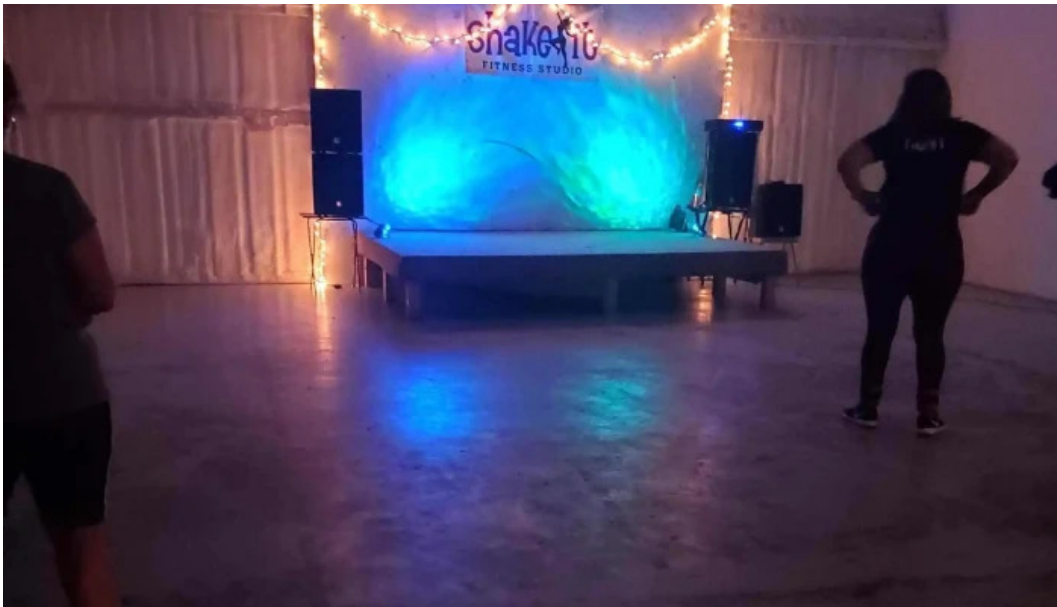
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Shake It Fitness Studio - Lufkin

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

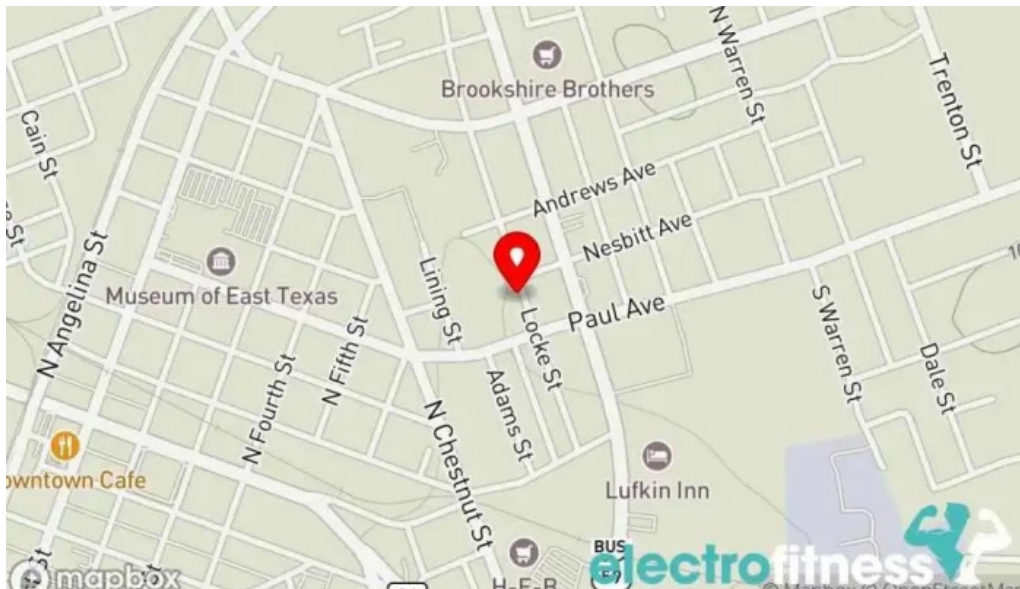
5:30–6:30?PM

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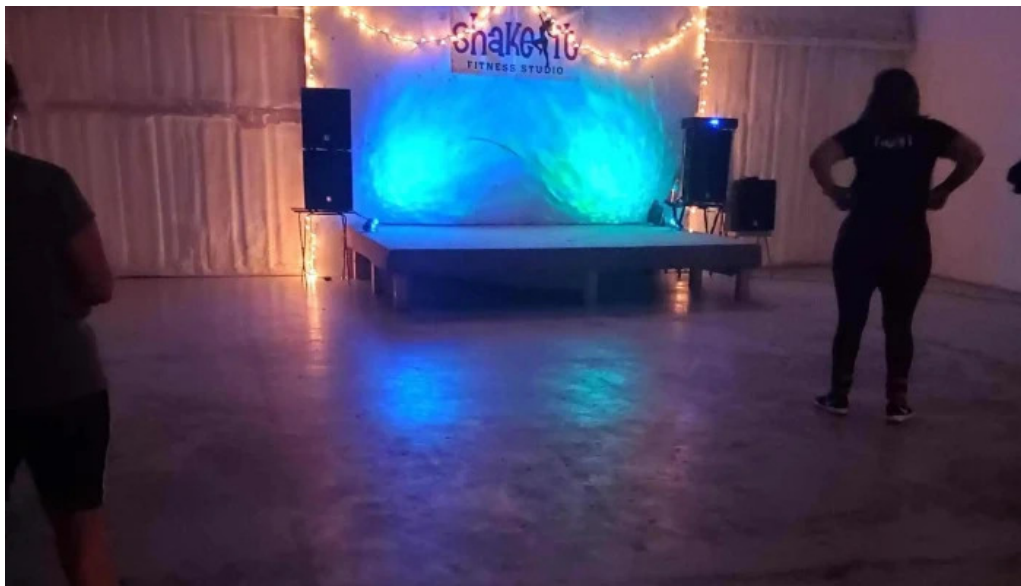
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Shake it fitness studio street view 360deg



Shake it fitness studio map



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Shake it fitness studio gym



Shake it fitness studio all

Tags

Wheelchair-accessible car park, Accessibility

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gym
gymnasium school
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kickboxing school
kinesiologist
kinesiotherapist
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trade school
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water park
weight loss service
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women's organization
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wrestling school
yoga instructor
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