

Wholeistic Fitness - Gym - Phoenix

phoenix

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Wholeistic Fitness - Gym - Phoenix

Wholeistic Fitness: A Comprehensive Gym Experience in Phoenix, Arizona

Welcoming Atmosphere and Community Support

Wholeistic Fitness stands out in Phoenix for its **wheelchair-accessible car park** and **wheelchair-accessible entrance**, allowing everyone to engage in their fitness journey. Owner Josh has created an environment that feels like

home, where clients are treated as family. This supportive atmosphere is noted often by members, with many highlighting the welcoming and friendly demeanor of both staff and fellow gym-goers.

Inclusive Facilities for All

Accessibility is a cornerstone of Wholeistic Fitness. The gym features **gender-neutral toilets** and emphasizes being a **transgender safe space**, ensuring all individuals feel comfortable and respected during their workouts. Members appreciate the focus on community inclusivity and safety, making it a desirable choice for many.

Training and Services Tailored to Individual Needs

Wholeistic Fitness offers a range of services, including personal training sessions, group classes, and nutritional counseling. With no hard sales pitch, members can seamlessly join the community without worrying about startup or cancellation fees. No appointment is required for most activities, promoting accessibility and spontaneity.

The diverse training options include small group classes with personalized feedback, led by experienced trainers like Josh, Erik, and Chauncey. Each session is designed to adapt to individual fitness levels and goals, fostering an encouraging environment.

A Unique Recovery Center

The **on-site recovery center** is a highlight of Wholeistic Fitness, offering **sauna**, **ice bath**, and **red light therapy** sessions. Members rave about how these amenities enhance their recovery post-workout, helping them maintain high energy levels and overall wellness. The integration of these resources showcases the gym's commitment to holistic health.

Connectivity and Community Engagement

With free **Wi-Fi** available throughout the facility, Wholeistic Fitness encourages community engagement both in-person and online. Members can share their fitness journeys and connect with one another through various platforms, enhancing the sense of belonging.

Why Choose Wholeistic Fitness?

Whether you are starting your fitness journey or looking to refine your current routine, Wholeistic Fitness is equipped to help you achieve your goals. The team is passionate about supporting every member's unique journey,

emphasizing a thoughtful approach that focuses on both mental and physical well-being. From the remarkable amenities to the caring, expert staff, it's clear that Wholeistic Fitness is more than just a gym—it's a community striving for better health together.

Visit Wholeistic Fitness today!

Our location is in

4405 E Ray Rd STE 5, 85044 Phoenix, Arizona - United States (US)

The phone number of said **Gym** is +1602-312-3171

And if you want to send a WhatsApp, you can do so at +1602-312-3171

Our business hours are:

Day Hours
Monday
5?AM–9:30?PM
Tuesday
5?AM–7:30?PM
Wednesday
5?AM–7?PM
Thursday
6:30?AM–7:30?PM
Friday
6:30?AM–6?PM
Saturday
5?AM–7:30?PM
Sunday
5?AM–7?PM

The website is Wholeistic Fitness - Gym

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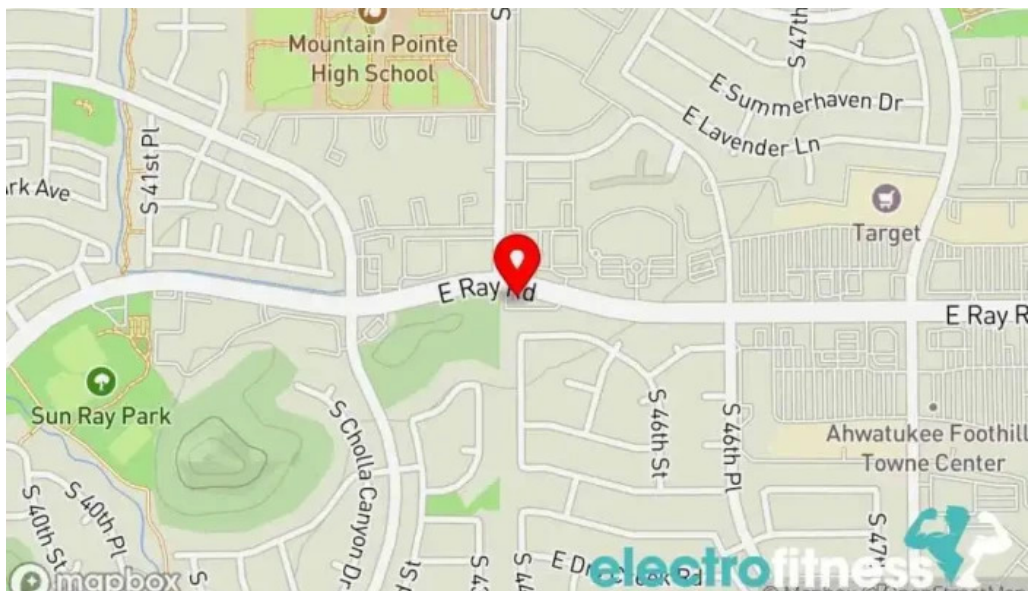
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Tags

Wi-Fi, On-site services, Gender-neutral toilets, LGBTQ+ friendly, Sauna, Wheelchair-accessible car park, Planning, Crowd, Appointment required, Amenities, Accessibility, Service options, Transgender safe space, Wheelchair-accessible entrance

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