

Lifeworx Fitness - San Jose

san jose

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https://www.electrofitness.com/gym/san-jose/lifeworx-fitness-san-jose_328601.php



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Lifeworx Fitness - San Jose

Welcome to Lifeworx Fitness: Your Friendly Gym in San Jose

Lifeworx Fitness is not just another gym; it's a community that welcomes everyone. With a focus on ****accessibility****, this facility ensures that everyone can participate and thrive in their fitness journey.

Accessibility Features for Everyone

At Lifeworx, we prioritize accessibility for all our members. The gym boasts a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, making it easy for everyone to get involved, regardless of mobility challenges.

Service Options to Fit Your Needs

From the moment you step inside, you'll notice the welcoming atmosphere. Lifeworx identifies as a ****women-owned**** business, providing an empowering environment where everyone feels at home. The gym offers a variety of ****service options****, including personalized training sessions with highly skilled coaches like Priscilla, who has been praised for her engaging and knowledgeable approach to fitness.

On-site Services and Online Classes

Whether you're looking for on-site services or prefer the convenience of ****online classes****, Lifeworx has it all. Clients rave about the ****well-run classes**** and the ****knowledgeable coaches**** who tailor workouts to suit individual strengths and weaknesses. This flexibility allows members to choose what works best for them, whether they're at the gym or at home.

From the Business: A Commitment to Community

Lifeworx Fitness has built a reputation for being more than just a workout space; it's a family. Members frequently mention the ****great energy**** and supportive environment, making each visit enjoyable. As one member noted, "The people are wonderful," highlighting the camaraderie that exists among both staff and clients.

Why Choose Lifeworx Fitness?

If you're considering a new gym, Lifeworx Fitness comes highly recommended. The testimonials from satisfied clients speak volumes about the quality of instruction and the sense of belonging that fills the air. As one reviewer stated, "Every time I am in town, I drop in at Lifeworx," reflecting the strong community connection that keeps people coming back. In summary, Lifeworx Fitness in San Jose, California, is your go-to destination for fitness, community, and personal growth. With its commitment to accessibility and exceptional service, it stands out as one of the best CrossFit gyms in the South Bay. Come join us and experience the joy of fitness in an environment that truly cares!

The premises are located at

14388 Union Ave, 95124 San Jose, California - United States (US)

The phone number of the mentioned **Gym** is +1408-340-5954

And if you want to send a WhatsApp, you can do so at +1408-340-5954

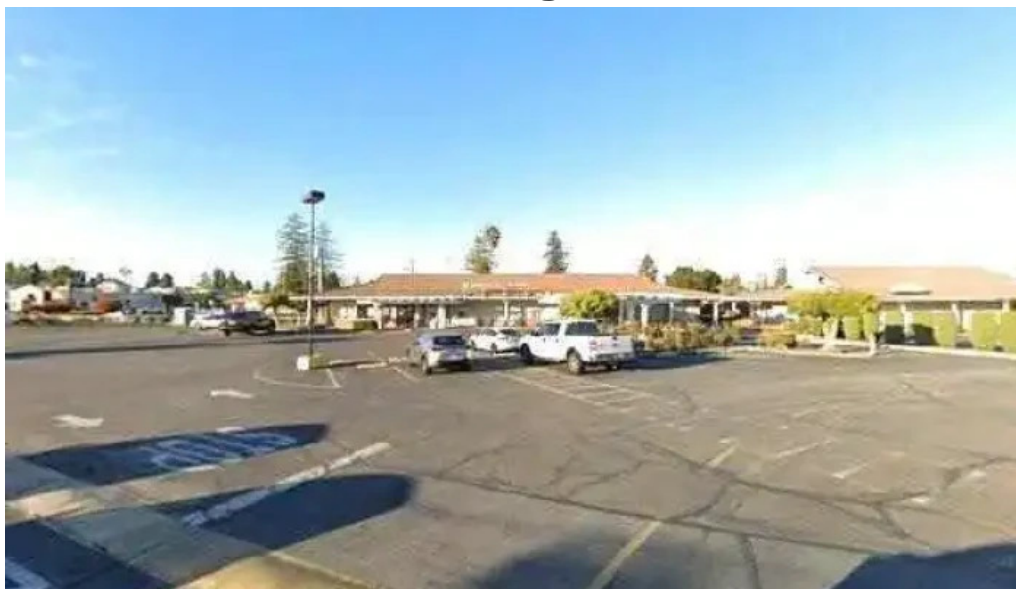
We are open during the following hours:

Day Hours
Monday
6?AM–8:30?PM
Tuesday
6?AM–7:30?PM
Wednesday
8:30?AM–12?PM
Thursday
11?AM–1?PM
Friday
6?AM–8:30?PM
Saturday
6?AM–8:30?PM
Sunday
6?AM–8:30?PM

The website is [Lifeworx Fitness](#)

If you wish to update any information that you feel is incorrect related to this site, we ask deliver a message so that we will correct it at the earliest convenience. Thanks beforehand thank you very much.

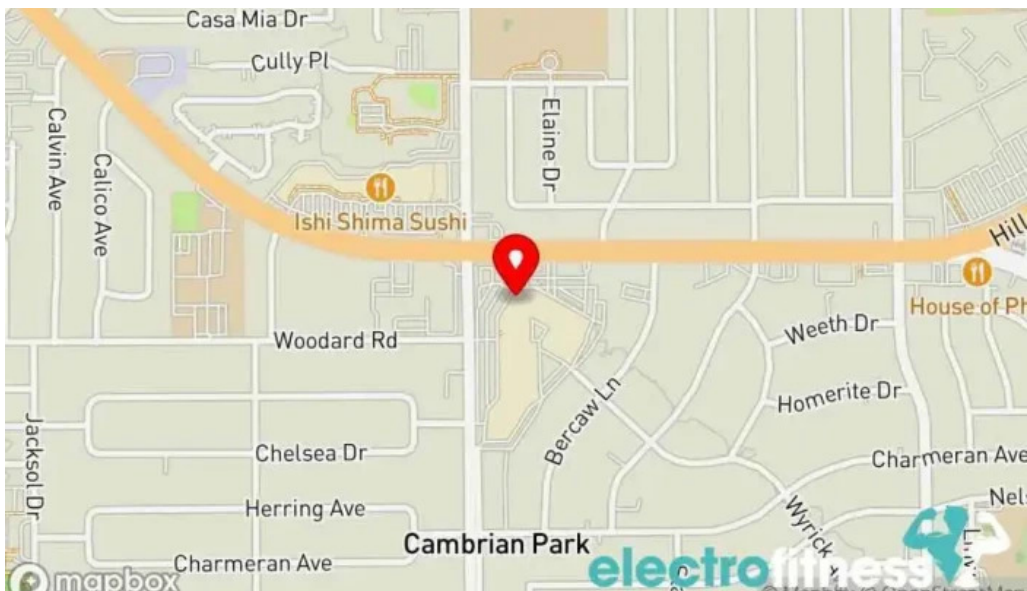
Images



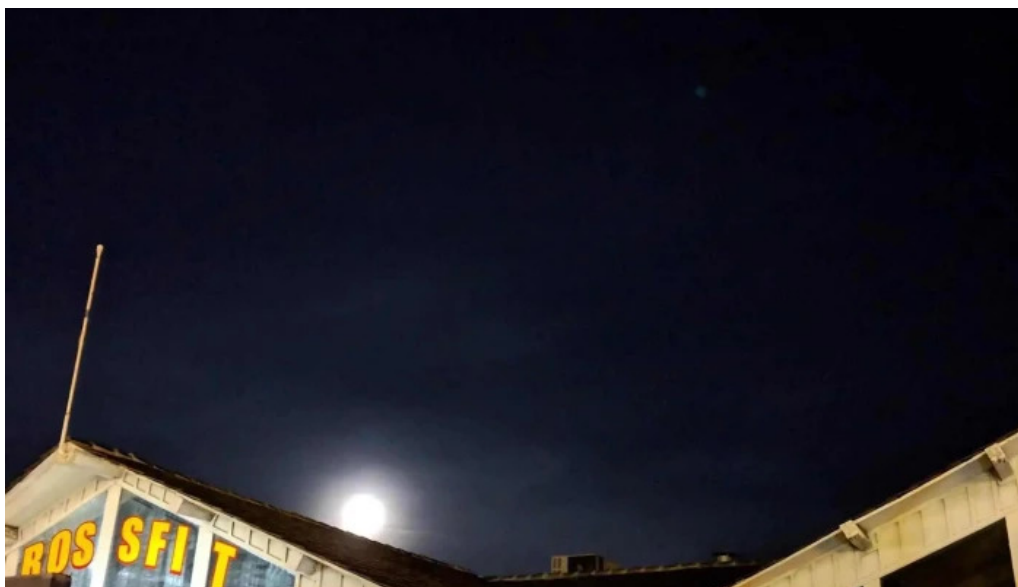
Lifeworx fitness street view 360deg



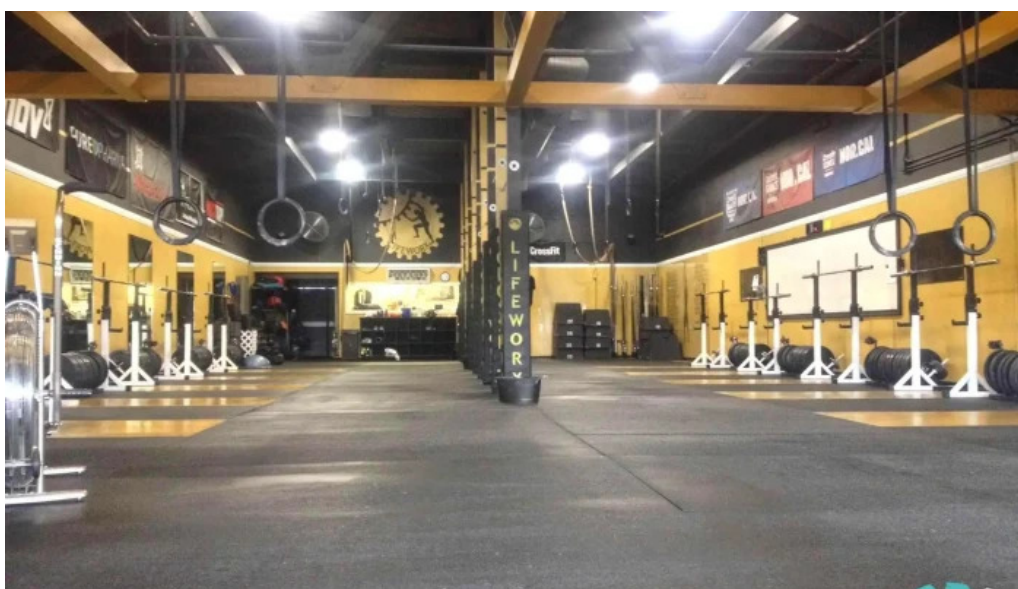
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Lifeworx fitness map



Lifeworx fitness gym



Lifeworx fitness all

Tags

Service options, Wheelchair-accessible entrance, On-site services, Accessibility, Wheelchair-accessible car park, Identifies as women-owned, From the business, Online classes

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dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
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foot care
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martial arts school
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medical group
medical spa
meditation center
metaphysical supply store
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pilates studio
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summer camp organizer
supermarket
swimming facility
swimming instructor
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