

Fitness 19 - Sylmar

sylmar

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Welcome to Fitness 19 Sylmar, CA

Fitness 19 in Sylmar, CA, is more than just a gym; it's a community that feels like home. With a ****membership required**** policy, this facility is designed to cater to all fitness levels, providing both novices and seasoned pros with an inviting space to reach their goals.

Amenities That Enhance Your Experience

The gym boasts an impressive range of ****amenities**** that make every visit enjoyable. From a well-equipped workout area featuring various machines to

****on-site services**** that assist with your fitness journey, Fitness 19 ensures that your workout experience is productive and seamless. You'll find everything from free weights to cardio equipment available for you to maximize your training sessions. Additionally, the gym features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone has access to its facilities. Whether you need assistance or prefer independence while working out, the layout is thoughtfully designed to accommodate all members.

Accessibility and Community Feel

One of the standout qualities of Fitness 19 Sylmar is its remarkable ****accessibility****. The welcoming atmosphere fosters a sense of community, where members are encouraged to support one another. Testimonials highlight the friendly staff who are always ready to offer help or advice, making it a perfect place to start your fitness journey. With ****Wi-Fi**** available throughout the gym, you can stay connected and engage in online fitness programs or track your progress using your favorite apps while you work out.

Planning Your Fitness Journey

When you join Fitness 19, you receive guidance on ****planning**** your workouts effectively. Many members recommend hiring a personal trainer, as their expertise can significantly enhance your experience. Trainers like Miguel and Daniel are consistently praised for their supportive approach, helping you stay motivated and focused on your fitness goals. Whether you're looking to lose weight, build muscle, or simply stay active, the trainers are dedicated to customizing workouts that align with your aspirations.

Service Options to Fit Your Needs

Fitness 19 offers varied ****service options**** that ensure every member's needs are met. From group classes to personal training, there's something for everyone. As noted in numerous reviews, the commitment of the staff, especially individuals like Destiny and Natalie, guarantees that each member feels valued and cared for during their fitness journey. Overall, the positive energy and engaging environment encourage members to connect, motivating one another to achieve their fitness goals together.

Conclusion: Join the Fitness 19 Family

In essence, Fitness 19 in Sylmar, CA, stands out as a top-tier gym that combines affordability with exceptional service. With its clean facilities, welcoming atmosphere, and dedicated staff, it provides an inclusive experience for all fitness levels. If you're considering joining a gym, look no further than Fitness 19 Sylmar—where your fitness journey is supported every step of the way.

The address of our establishment is

Sylmar Plaza, 13227 Gladstone Ave, 91342 Sylmar, CA - United States (US)

The phone number of said **Gym** is +1818-302-0619

And if you want to send a WhatsApp, you can do so at +1818-302-0619

Our public attention hours are:

Day Hours
Monday
7?AM–7?PM
Tuesday
7?AM–12?PM
Wednesday
5?AM–11?PM
Thursday
5?AM–11?PM
Friday
5?AM–11?PM
Saturday
5?AM–11?PM
Sunday
5?AM–9?PM

The website is Fitness 19

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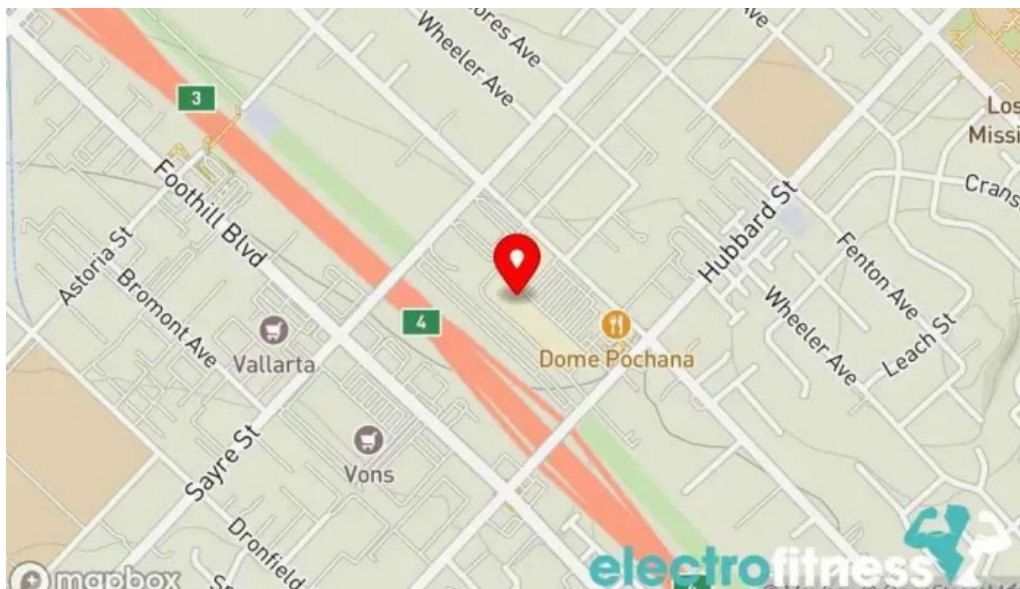
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Fitness 19 map



Fitness 19 gym



Fitness 19 by owner



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Tags

Amenities, Service options, Membership required, Wheelchair-accessible car park, Wi-Fi, Accessibility, Planning, On-site services, Wheelchair-accessible entrance

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sauna
school district office
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sports complex
sports medicine clinic
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