

Jab Fitness - Tempe

tempe

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Jab Fitness - Tempe

Discover JAB Fitness: The Ultimate Gym Experience in Tempe, Arizona

Welcome to JAB Fitness, a unique gym located in the vibrant city of Tempe, Arizona. This gym boasts an array of ****amenities**** designed to cater to a diverse community, fostering an inclusive environment that welcomes everyone.

Accessibility and Inclusivity

At JAB Fitness, accessibility is a top priority. The facility features a ****wheelchair-accessible entrance**** and ample ****wheelchair-accessible**

seating**, ensuring that all members can enjoy their workouts without barriers. The **wheelchair-accessible car park** allows for easy access, making it a convenient choice for individuals with mobility challenges. Moreover, JAB Fitness prides itself on being a **transgender safe space** and **LGBTQ+ friendly**, fostering an atmosphere where everyone feels comfortable and accepted. **Gender-neutral toilets** further enhance the inclusivity of this gym, allowing all members to feel at home.

Amazing Amenities and Services

JAB Fitness offers an impressive range of **amenities** to enrich your fitness journey. Members can benefit from high-speed **Wi-Fi**, enabling them to stay connected while working out. The gym also provides **on-site parking** for added convenience, and **free parking lot** options are available for those who prefer to drive. In addition to standard gym offerings, JAB Fitness features various **on-site services**, including personal training, group classes, and specialized programs to meet diverse fitness needs. Membership is required to access these services, but many trials and introductory offers are available for newcomers.

Community Vibes

Members of JAB Fitness often describe it as more than just a place to work out; it's a community. Everyone feels like family here, thanks to the warm and inviting atmosphere cultivated by owners Brandon and Jen. Their commitment to creating a supportive environment shines through in every class, where camaraderie thrives, and members cheer each other on. The gym's culture is highlighted by its cleanliness and organization, as noted by numerous members, ensuring a comfortable and aesthetically pleasing environment. The highly knowledgeable trainers cater to individuals of all skill levels, from beginners to advanced fitness enthusiasts, making sure everyone receives the guidance they need to succeed.

Fun and Engaging Workouts

At JAB Fitness, working out is not just about breaking a sweat; it's about enjoying the process. With activities ranging from boxing and kickboxing to yoga and personal training, there's something for everyone. Many members have shared how they started as novices but quickly grew to love their workouts, thanks to the motivating instructors who push them to reach their potential while keeping things fun. The gym frequently holds varied classes, ensuring that no two workouts are the same. This keeps the atmosphere lively and engaging, encouraging members to return for more.

Join the JAB Family Today!

Whether you're looking to build strength, learn self-defense, or simply improve your overall fitness, JAB Fitness is the place to be. With a focus on accessibility,

inclusivity, and community, you're sure to find your fitness home here. Experience the best of Tempe's fitness culture at JAB Fitness—where every member matters! Don't wait; come check out JAB Fitness today, and see how this welcoming gym can help you achieve your fitness goals!

Our location is in

7305 S Kyrene Rd # 112, 85283 Tempe, Arizona - United States (US)

The phone number of the respective **Gym** is +1480-470-4197

And if you want to send a WhatsApp, you can do so at +1480-470-4197

You can visit us at the following hours:

Day Hours
Monday

6?AM–1?PM 3:30–8:30?PM

Tuesday

6?AM–1?PM 3:30–8:30?PM

Wednesday

6?AM–1?PM 3:30–7?PM

Thursday

8:30–11?AM

Friday

8:30–11?AM

Saturday

6?AM–1?PM 3:30–8:30?PM

Sunday

6?AM–1?PM 3:30–8:30?PM

The website is JAB Fitness

If you wish to alter any data that you feel is not precise about this web, we ask forward a message and we will handle it quickly. Thank you in advance thank you very much.

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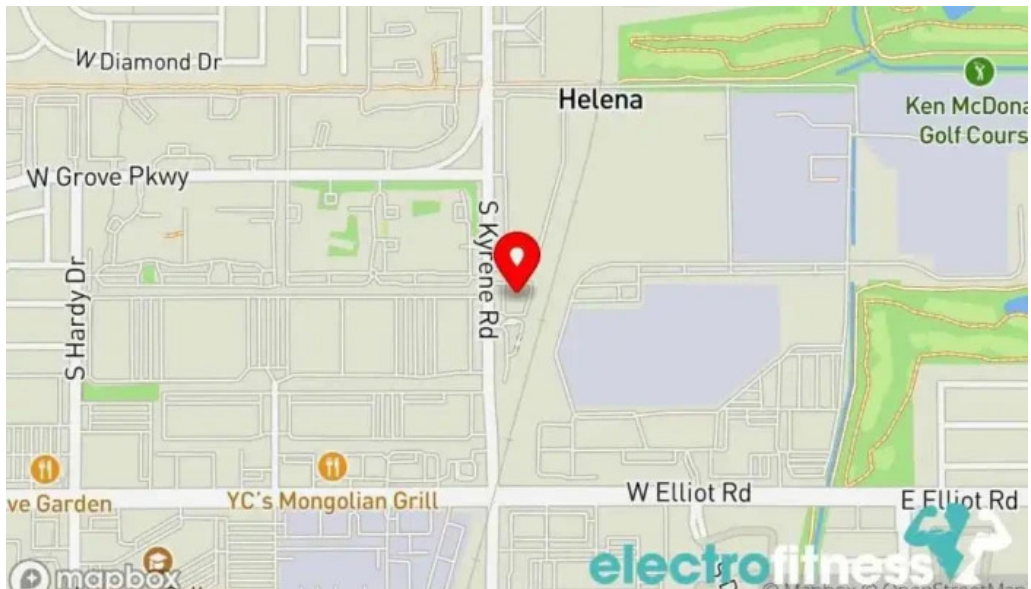
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Jab fitness all



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Tags

LGBTQ+ friendly, Membership required, On-site services, Free parking lot, Wheelchair-accessible seating, Toilet, From the business, Wheelchair-accessible entrance, Transgender safe space, Crowd, Amenities, On-site parking, Gender-neutral toilets, Planning, Service options, Wi-Fi, Wheelchair-accessible car park, Parking, Outdoor services, Identifies as women-owned, Accessibility

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