

## Inspired Life Fitness - Tigard

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### *Inspired Life Fitness - Tigard*

## Welcome to Inspired Life Fitness: A Unique and Inclusive Gym Experience in Tigard, Oregon

Inspired Life Fitness (ILF), located in Tigard, Oregon, is not just another gym; it is a vibrant, supportive community that identifies as women-owned and veteran-owned. With a focus on inclusivity and accessibility, ILF ensures that everyone, regardless of their fitness level, feels welcome and motivated.

## A Gym That Values Planning and Personalized Attention

At Inspired Life Fitness, planning your workout journey is easy. **Appointments are required** for personal training sessions, ensuring that each member receives the individualized attention they deserve. Whether you're looking for group classes led by energetic coaches like Tiffany and Shawn or one-on-one coaching tailored to your specific goals, ILF caters to all needs.

## **Elevating Your Fitness Journey with Online Classes**

In addition to in-person training, Inspired Life Fitness offers **online classes** that allow you to work out from the comfort of your home. This flexibility makes it easier than ever to stay committed to your fitness goals, regardless of your schedule.

## **Accessibility Matters: Wheelchair-Accessible Amenities**

ILF is dedicated to creating an inclusive environment. The facility boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring everyone can participate in their fitness journey. The gym's commitment to **accessibility** allows individuals of all abilities to thrive and feel comfortable.

## **On-Site Services That Inspire Growth**

Beyond fitness classes, Inspired Life Fitness offers various **on-site services** designed to help members maintain a healthy lifestyle through diet and exercise. Coaches provide invaluable support, guidance, and motivation to help you achieve your personal health and fitness goals.

## **The Power of Community at Inspired Life Fitness**

Many members express their love for the **fun and supportive atmosphere** at ILF. One member shared, "This is not your average gym... I always feel like everyone is welcoming and inviting." From newcomers to long-time members, the camaraderie and support provided by both coaches and fellow members create a positive workout experience.

## **Why Choose Inspired Life Fitness?**

If you're searching for a gym that combines expert coaching, innovative workouts, and a wonderful community, look no further than Inspired Life Fitness. With a range of class options and personalized instruction, ILF stands out as a top choice for anyone dedicated to improving their fitness.

As one member put it, "If you want more than a big box gym experience, come

check out ILF." Whether you're just starting or looking to take your fitness to the next level, Inspired Life Fitness has something for everyone. Join the Inspired Life Fitness community today, where every workout leaves you feeling accomplished and motivated to reach new heights!

### **We are positioned at**

10120 SW Nimbus Ave C2, 97223 Tigard, Oregon - United States (US)

The phone of said **Gym** is +1503-496-7332

And if you want to send a WhatsApp, you can do so at +1503-496-7332

### **Our public attention hours are:**

Day Hours  
Monday  
*Open 24 hours*  
Tuesday  
*Open 24 hours*  
Wednesday  
*Open 24 hours*  
Thursday  
*Open 24 hours*  
Friday  
*Open 24 hours*  
Saturday  
*Open 24 hours*  
Sunday  
*Open 24 hours*

The website is Inspired Life Fitness

If you need to adjust any information that you believe is not precise regarding this page, we kindly request send a message and we will handle it as soon as possible. Thanks beforehand thank you very much.

## **Images**



*Inspired life fitness videos*

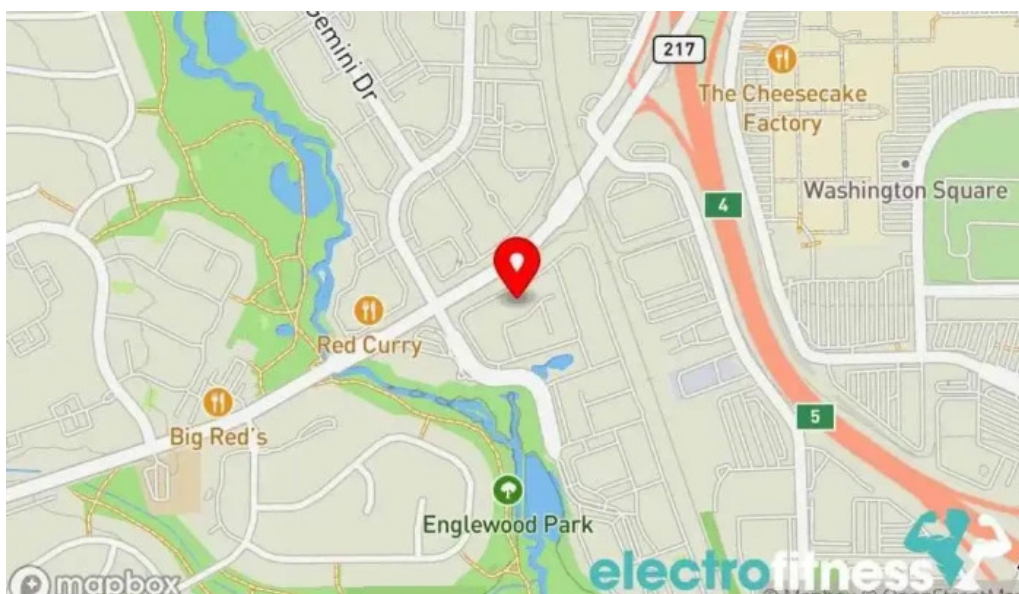


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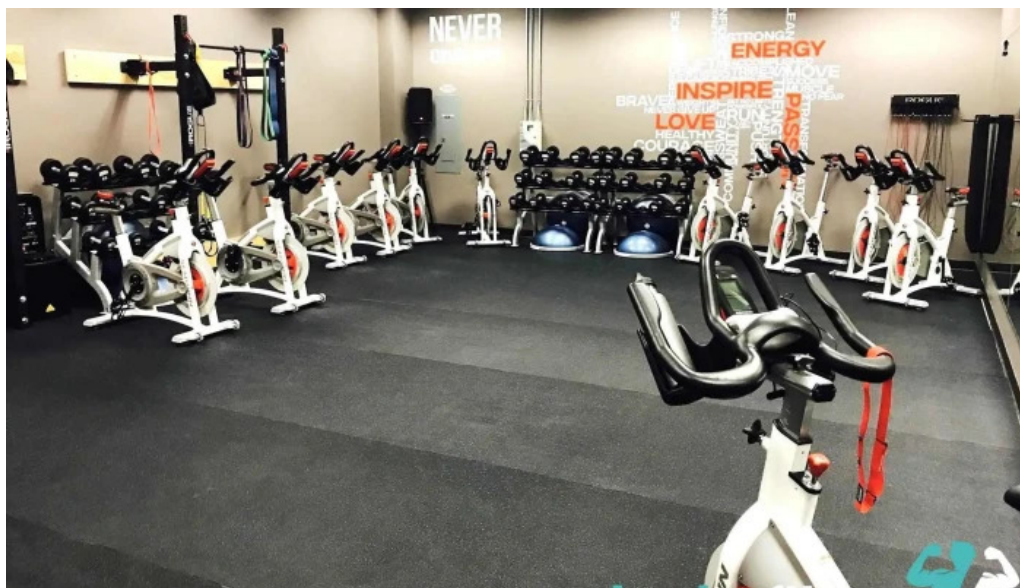
*Inspired life fitness street view 360deg*



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*Inspired life fitness gym*



*Inspired life fitness exercise machine*





*Inspired life fitness by owner*



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## Tags

*Identifies as veteran-owned, Online classes, On-site services, Service options, Wheelchair-accessible car park, Identifies as women-owned, Appointment required, Planning, Wheelchair-accessible entrance, From the business, Accessibility, Membership required*

## Related content

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**3.7 \*** *Inspired Fit 4 U - Concord*

**5.0 \*** *Sweat Life Fitness - Jonesville*

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<b>5.0 *</b>	<i>Life in Balance Yoga - Hanover</i>
<b>4.2 *</b>	<i>Life Time - Tempe</i>
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<b>3.8 *</b>	<i>Life Time - Dallas</i>

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apartment complex
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athletic club
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bar
basketball club
basketball court
batting cage center
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boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club



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corporate office
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel

indoor cycling
jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna

school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
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tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization