

Flex 'n Burn - Valencia

valencia

☐ I'm not a robot


RECAPTCHA

Published on: 27/04/25	Hits: 968
Comments: 0	See comments
Votes: 121	Score: 5

https://www.electrofitness.com/gym/valencia/flex-n-burn-valencia_234496.php



valencia

Flex 'n Burn - Valencia

Discover Flex 'n Burn: Your Quick Workout Solution in Valencia, California

Are you searching for a gym that combines efficiency with results? Look no further than ****Flex 'n Burn**** located in the heart of Valencia, California. This innovative fitness center is designed to cater to individuals with busy schedules, offering short yet intense workouts that yield impressive results.

Accessibility and On-Site Services

Flex 'n Burn prioritizes accessibility for all members. The facility boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****,

ensuring that everyone has the opportunity to enjoy their fitness journey. Additionally, the gym offers ****on-site services**** for those seeking tailored assistance throughout their workout sessions.

Convenient Parking Options

Finding parking can often be a hassle, but at Flex 'n Burn, this concern is alleviated. Members can take advantage of a ****free multi-storey car park**** as well as ****free of charge street parking****, making it easy for you to focus on your health without any parking stress.

Efficient Workouts That Fit Your Schedule

One of the standout features of Flex 'n Burn is its commitment to ****30-minute classes****. Members rave about how effective these short sessions are, saying, "It's the only way to get a complete workout done in 30 mins." This time-efficient approach allows you to maximize your efforts while fitting workouts into your busy life. Mike, the head trainer, emphasizes the importance of a focused and guided experience. He crafts each class to ensure members feel challenged yet supported, stating, "You're in and out quickly, and you'll feel amazing afterward!" A typical member noted, "Best fitness decision I ever made!"

Flexible Service Options

Flex 'n Burn offers various ****service options**** that cater to different fitness levels and preferences. For those who prefer to work out from home, the gym provides ****online classes****, allowing you to maintain your routine even when you can't make it to the studio. For in-person workouts, classes accommodate small groups, ensuring personalized attention. With an average class size of just 10-12 people, everyone receives the support they need to succeed. As one satisfied member said, "It feels like a private session every time!"

A Welcoming Community and Supportive Atmosphere

Flex 'n Burn is more than just a gym; it's a community. Members appreciate the positive, motivating atmosphere fostered by Coach Mike and his team. Testimonials highlight the friendliness and encouragement present in every session, creating an environment where everyone feels welcomed and empowered. "I have been an active member since October 2020 because I love it! Nowhere else will you find such a great cardio/muscular workout in just 30 minutes!" shared one enthusiastic participant.

Conclusion: Join the Flex 'n Burn Family Today!

If you're looking for a gym that combines efficiency, accessibility, and community support, Flex 'n Burn in Valencia is the place for you. With its quick workouts, convenient parking, and caring coaches, you'll discover a fitness experience unlike any other. Don't miss out—make the commitment today and see how 30 minutes can change your life!

We are situated in

24510 Town Center Dr UNIT 160, 91355 Valencia, California - United States (US)

The contact phone of this **Gym** is +1661-592-1135

And if you want to send a WhatsApp, you can do so at +1661-592-1135

We look forward to seeing you at:

Day	Hours
Monday	8?AM–12?PM
Tuesday	8?AM–12?PM
Wednesday	8?AM–8?PM
Thursday	8?AM–8?PM
Friday	8?AM–8?PM
Saturday	8?AM–8?PM
Sunday	8?AM–8?PM

The website is Flex 'n Burn

If necessary to adjust any data that you feel is not precise regarding this page, please send us a message and we will correct it as soon as possible. With anticipation thanks.

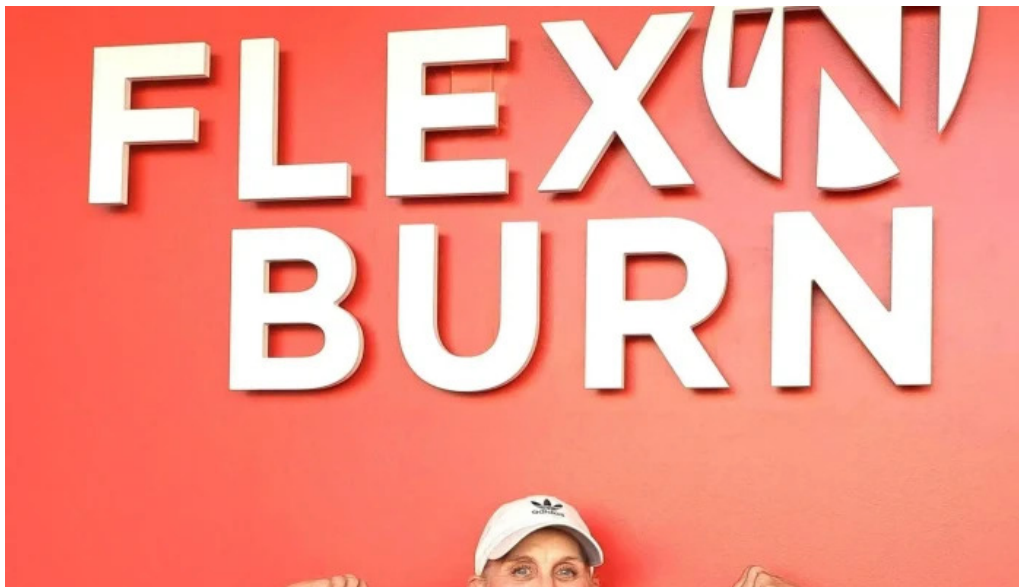
Images



Flex n burn where



Flex n burn videos



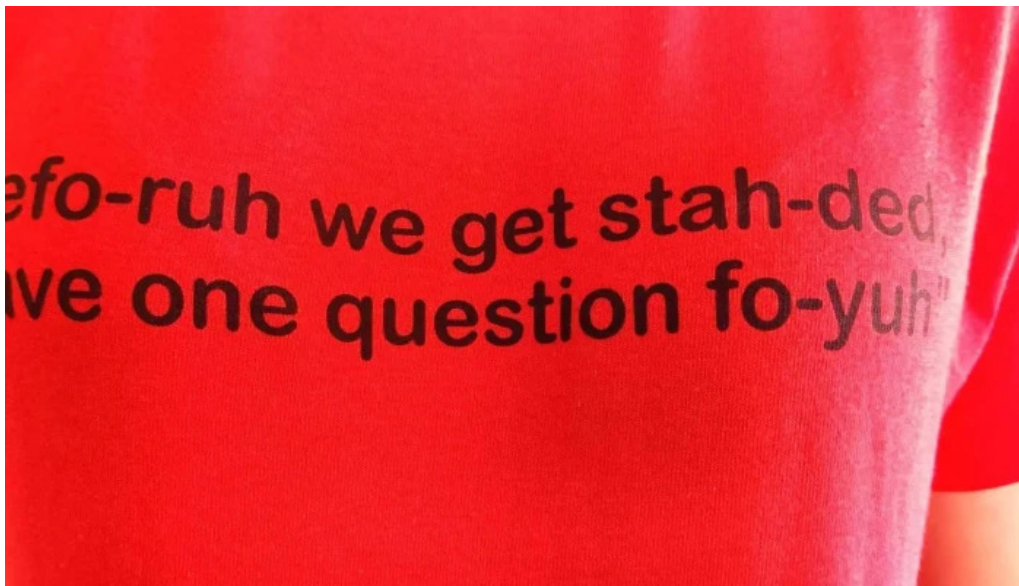
Flex n burn valencia



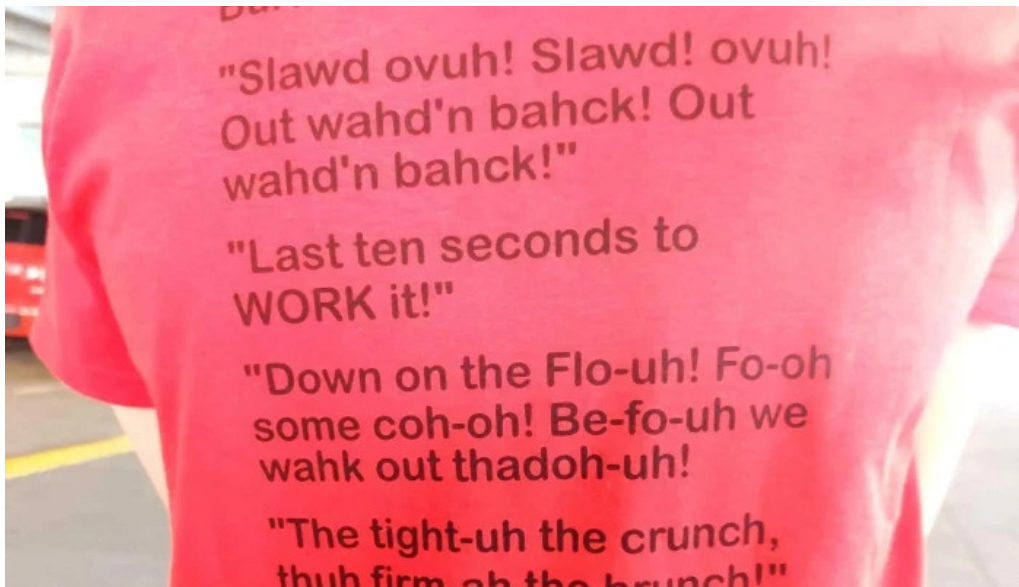
Flex n burn street view 360deg



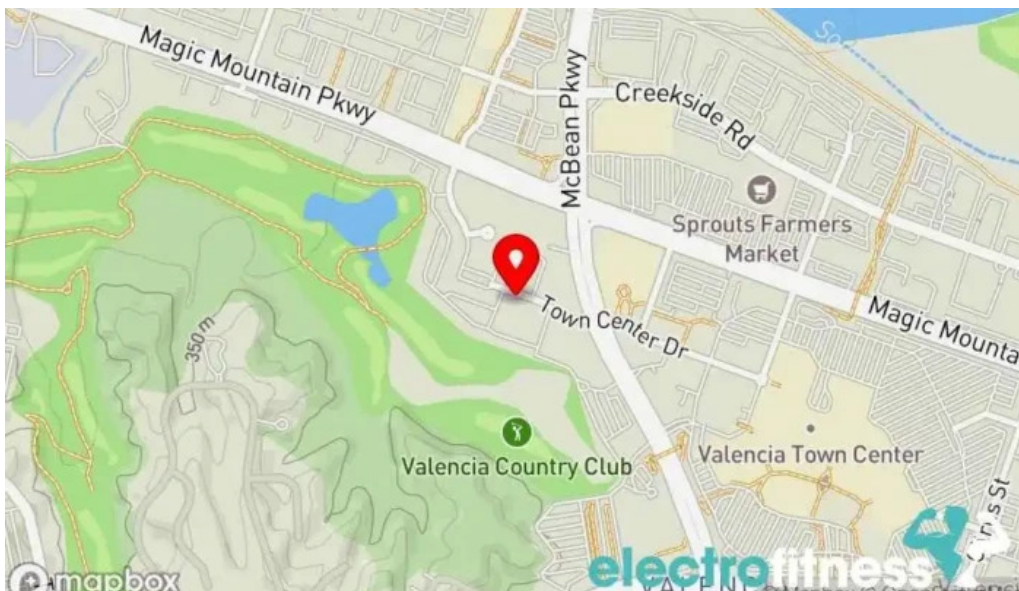
Flex n burn photos



Flex n burn phone



Flex n burn near me



Flex n burn map



Flex n burn location



Flex n burn how to get there



Flex n burn gym



Flex n burn comments



Flex n burn by owner



Flex n burn all

Tags

Planning, On-site services, Online classes, Wheelchair-accessible car park, Accessibility, Parking, Appointment required, Free of charge street parking, Service options, Free multi-storey car park, Wheelchair-accessible entrance

Related content

5.0 * [Burn Boot Camp - Sharon](#)

5.0 * [Burn Boot Camp - Fall River](#)

5.0 * [Geaux Flex Fitness - Lafayette](#)

4.6 *	<i>Flex Appeal Fitness - Columbia</i>
4.8 *	<i>Box 2 Burn - Westford</i>
5.0 *	<i>Burn Boot Camp - Acworth</i>
4.9 *	<i>Border Flex Fitness - Hidalgo</i>
5.0 *	<i>Burn Boot Camp - Kennesaw</i>
5.0 *	<i>Burn Boot Camp - Aberdeen</i>
4.7 *	<i>Isi Elite Training - Walnut Creek, Ca - Walnut Creek</i>

Categories

academic department
acupuncture clinic
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center

dance company
dance school
day spa
dollar store
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
food producer
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park

parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization