

Beyond Health & Fitness Studio - Walnut Creek

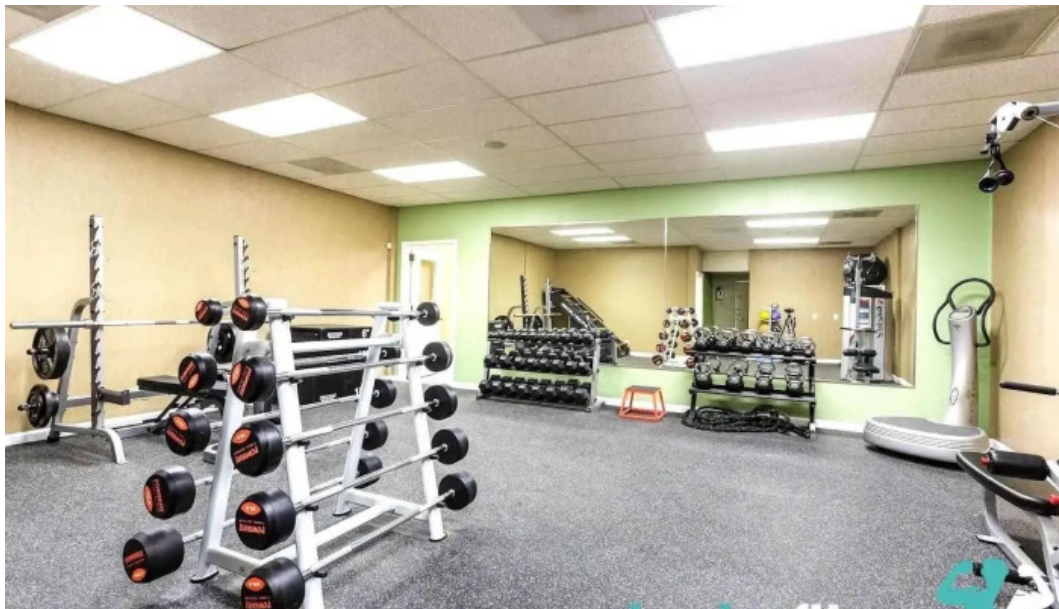
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Beyond Health & Fitness Studio - Walnut Creek

Welcome to Gym Beyond Health & Fitness Studio in Walnut Creek, California

If you're looking for a unique fitness experience in Walnut Creek, look no further than **Gym Beyond Health & Fitness Studio**. This studio not only offers top-notch training but also prioritizes **accessibility** for all its members.

Accessibility Features

One of the standout features of Gym Beyond Health & Fitness Studio is its **wheelchair-accessible car park**. This ensures that every individual, regardless of their physical ability, can easily access the studio. The **wheelchair-accessible entrance** further enhances the welcoming atmosphere, making it an inclusive space for everyone.

A Unique Fitness Experience

Many attendees rave about the personalized training they receive at the studio. Classes are kept small, with a maximum of four participants, allowing instructors like Fred to focus on each individual's form and technique. This intimate setting fosters a supportive environment where newcomers can feel comfortable while pushing their limits. One member noted, "I was blown away by the class! Fred's energy and care made me feel incredibly supported as a newcomer."

Diverse Workout Options

Gym Beyond Health & Fitness Studio specializes in a combination of Pilates and High-Intensity Interval Training (HIIT). One enthusiastic participant mentioned, "I never thought I'd actually look forward to Pilates, but Fred changed my mind." The studio provides various workout styles, with classes designed to optimize core strength, flexibility, and cardiovascular health.

Top-Notch Equipment and Personal Attention

The studio is equipped with the latest fitness technology and tools, including brand new reformers, dumbbells, and high-tech machines like Jacob's Ladder. As one loyal client expressed, "Everything in the studio is brand-new and it's such a pleasure to go there." With such quality equipment and personalized attention, members achieve their fitness goals efficiently and effectively.

A Community-Oriented Approach

Beyond just physical training, Gym Beyond Health & Fitness Studio focuses on creating a community atmosphere where members can thrive together. Several reviews highlight the instructor's commitment to helping clients reach their potential. One attendee summarized it perfectly: "Fred's fun and uplifting manner gives me inner confidence. I leave each day with a smile on my face."

Conclusion

For anyone in Walnut Creek looking for a place that values **accessibility**, community, and individualized training, Gym Beyond Health & Fitness Studio

stands out as a premier choice. Whether you are a seasoned athlete or just starting your fitness journey, this studio offers the environment you need to succeed.

The location of our premises is

675 Ygnacio Valley Rd #B-107, 94596 Walnut Creek, California - United States (US)

The phone number of said **Gym** is +1925-300-3443

And if you want to send a WhatsApp, you can do so at +1925-300-3443

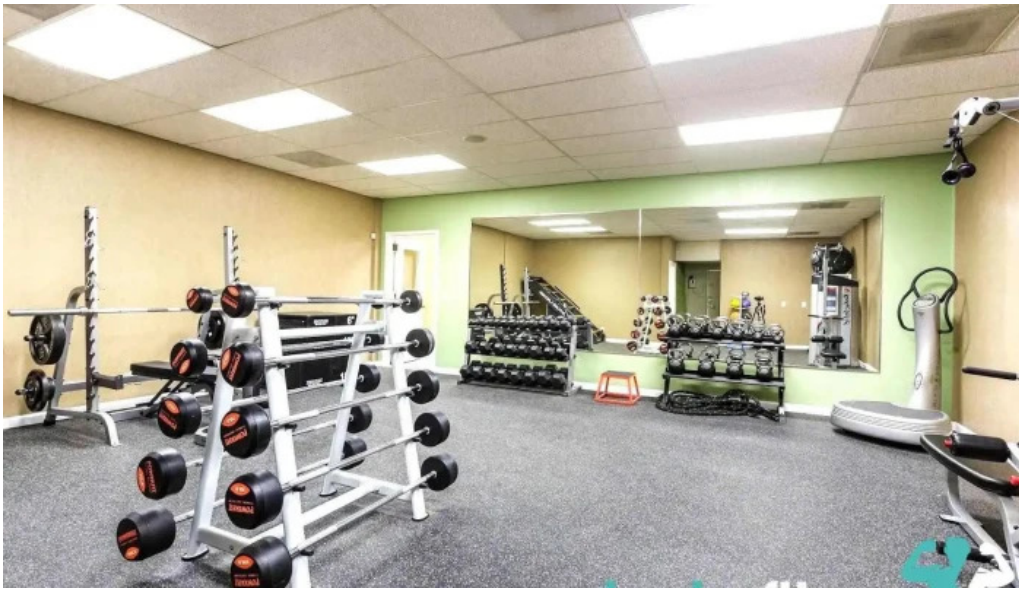
Our service hours are:

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

The website is Beyond Health & Fitness Studio

If you need to change any information that you think is not precise related to this site, please send us a message so we can we will correct it at the earliest convenience. Thanks beforehand thanks.

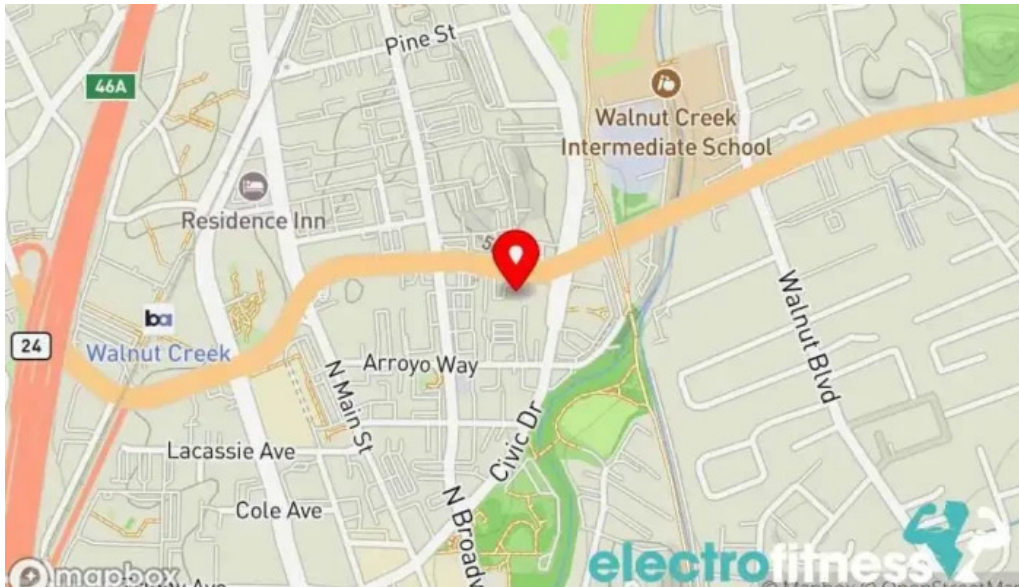
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Beyond health fitness studio street view 360deg



Beyond health fitness studio map



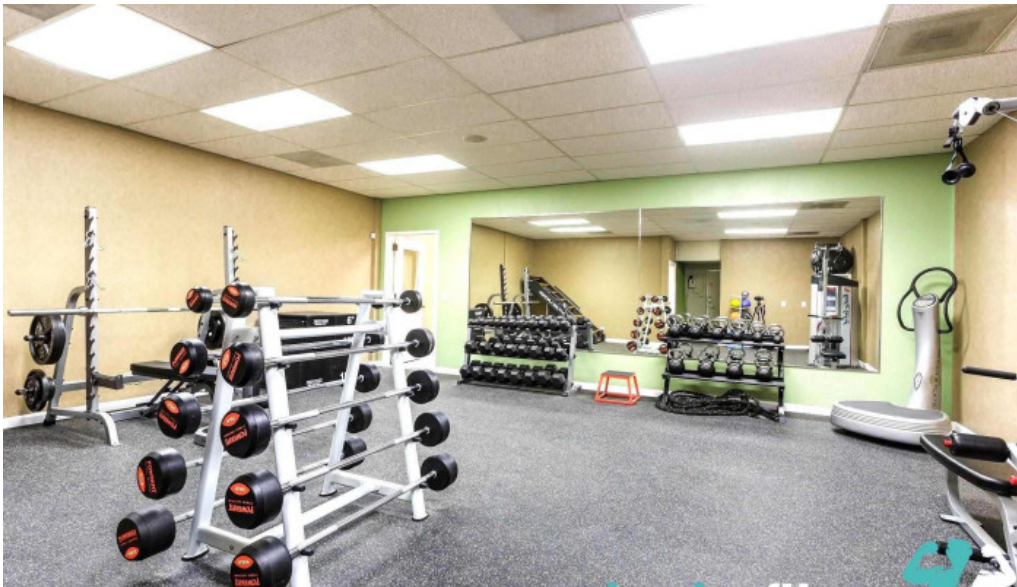
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Tags

Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance

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