

Personalized Nutrition & Fitness - Windham

windham

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Published on: 30/05/25	Hits: 144
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windham

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Welcome to Gym Personalized Nutrition & Fitness in Windham, Maine

If you're looking for a place that combines accessibility with top-notch fitness training, **Gym Personalized Nutrition & Fitness** is the perfect destination for you. This women-owned gym not only offers fantastic workouts but also ensures that everyone can participate, regardless of their mobility.

Accessibility Features

One of the standout features of Gym Personalized Nutrition & Fitness is its commitment to accessibility. The facility boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it easier for all individuals to join in on the fitness journey without any hindrances.

Why Choose Gym Personalized Nutrition & Fitness?

Reviews from satisfied members highlight the exceptional quality of classes and the expertise of the staff. Here's what people are saying:

This place is awesome! I had the best class ever with Meg! The staff and owners were very professional and friendly! I'm a workout nut and was searching for classes while I'm on vacation. Found this gem... amazing! Classes are intense, instructors are top notch. Really great set of trainers, and always a workout!! Very nice and clean facility and great people. The best in the biz!

Join the Community

Whether you're a beginner or an elite athlete, **Gym Personalized Nutrition & Fitness** leaves you feeling energetic and accomplished after each session. Members consistently praise the engaging atmosphere and supportive community.

With reasonable drop-in fees, there's no reason not to give it a try. Join today and discover why so many people love working out at this remarkable gym!

The address of our establishment is

15 Storm Dr, 04062 Windham, Maine - United States (US)

The phone of the mentioned **Gym** is +1207-892-8333

And if you want to send a WhatsApp, you can do so at +1207-892-8333

Our service hours are:

Day	Hours
Monday	5?AM-8?PM
Tuesday	5?AM-8?PM
Wednesday	5?AM-8?PM
Thursday	5?AM-8?PM

Friday
5?AM-8?PM
Saturday
5?AM-8?PM
Sunday
5?AM-8?PM

The website is [Personalized Nutrition & Fitness](#)

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Images



Personalized nutrition fitness windham



Personalized nutrition fitness videos



Personalized nutrition fitness map



Personalized nutrition fitness gym



Personalized nutrition fitness by owner



Personalized nutrition fitness all

Tags

Accessibility, Identifies as women-owned, Wheelchair-accessible entrance, From the business, Wheelchair-accessible car park

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athletic track
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barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring

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cultural center
dance club
dance company
dance school
day spa
department store
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disc golf course
discount store
dive shop
doctor
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educational institution
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fertility clinic
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fitness center
fitness equipment wholesaler
food producer
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fountain
gated community
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golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
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health food restaurant
health food store
health spa
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historical landmark
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ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop

outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
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sports school
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supermarket
swimming facility
swimming instructor
swimming pool
swimming school
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weight loss service
weightlifting area
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women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
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