

## barre3 - Yakima

yakima

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yakima

## barre3 - Yakima

### Discover Barre3 in Yakima, Washington

If you're looking for a unique exercise experience, **\*\*Barre3\*\*** in Yakima, Washington, is an excellent choice. This gym identifies as **\*\*women-owned\*\*** and prides itself on creating an inclusive environment for everyone.

### Accessibility Features

Barre3 recognizes the importance of **\*\*accessibility\*\*** for all individuals. The studio boasts a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy their

fitness journey without barriers.

## **Appointment Requirements and On-Site Services**

To maintain a personalized experience, **\*\*appointment is required\*\*** for classes at Barre3. This approach allows instructors to tailor workouts to meet individual needs. The gym also offers various **\*\*on-site services\*\*** that enhance the overall workout experience.

## **From the Business: Planning Your Fitness Journey**

Planning your fitness routine has never been easier with Barre3. The studio provides a range of **\*\*online classes\*\*** and **\*\*service options\*\*** that cater to different schedules and preferences.

## **What People Are Saying**

Many clients have praised Barre3 for its welcoming atmosphere and knowledgeable instructors. One user stated, "Absolutely wonderful! Great staff and instructors. This exercise program is VERY low impact, and there are always modifications if your body says no." This highlights how the gym is perfect for individuals with specific physical needs, making it a great option for anyone looking to ease back into fitness. The sense of community is also a recurring theme in reviews. A member noted, "You'll not only find an exercise routine but also a great community of people working just as hard as you and cheering each other on." This supportive environment helps foster motivation and camaraderie among participants.

## **The Perfect Balance of Strength, Cardio, and Stretching**

Barre3 offers a workout regimen that perfectly balances strength training, cardio, and stretching. Clients appreciate how they can choose the intensity of their workout based on how they feel that day. One reviewer shared, "Make it as challenging or easy as you're feeling that day." Instructors are dedicated to providing modifications for different fitness levels, ensuring that everyone feels included and supported. As stated by another client, "It just feels inclusive, positive, and friendly."

## **Why You Should Give Barre3 a Try**

With classes held daily and a variety of time slots, Barre3 is an ideal choice for busy individuals. The clean and inviting studio, combined with ample parking, makes it convenient for everyone to drop in for a workout. Many clients recommend purchasing the **\*\*10-day pass\*\*** to fully experience everything Barre3 has to offer. Whether you haven't exercised in years or are looking to add something new to your routine, Barre3 welcomes you with open arms. In conclusion, if you are in Yakima, Washington, and looking for a fun and engaging way to stay fit, consider trying out Barre3. With its strong community vibe, exceptional instructors, and commitment to inclusivity, you are sure to

have a rewarding experience.

**Our business is located at**

4001 Summitview Ave # 20, 98908 Yakima, Washington - United States (US)

The contact line of this **Gym** is +1509-426-2246

And if you want to send a WhatsApp, you can do so at +1509-426-2246

**We are available at these times:**

Day	Hours
Monday	8?AM–1?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	7?AM–1?PM

The website is barre3

If necessary to update any element that you consider is not precise regarding this site, please send a message and we will adjust it as soon as possible. With anticipation thank you very much.

## Images



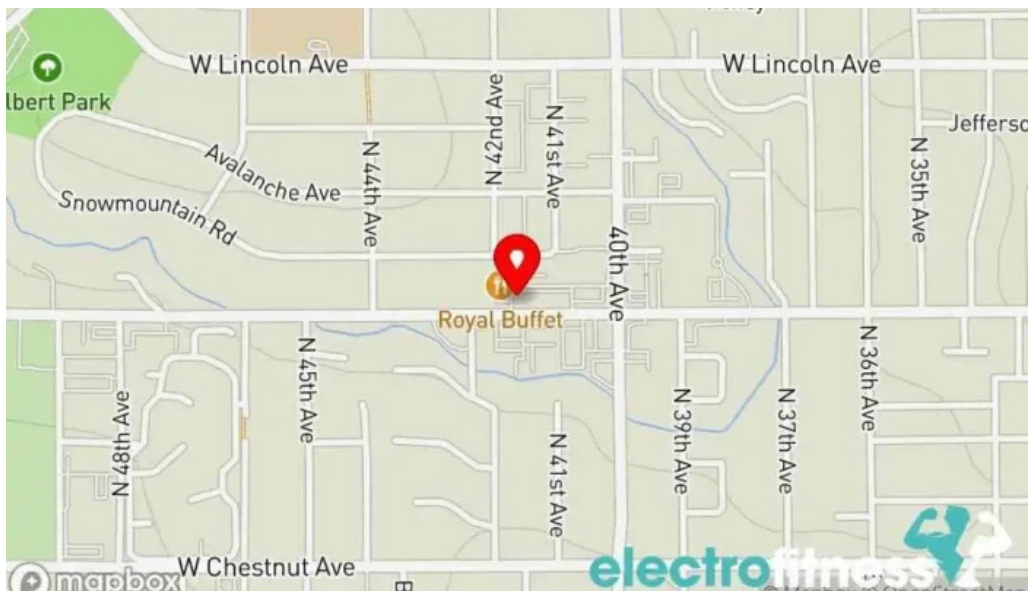
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## Tags

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

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