

East End - Muay Thai / Strength and Conditioning - Valparaiso

valparaiso

I'm not a robot 
reCAPTCHA

Published on: 11/03/25	Hits: 16
Comments: 0	See comments
Votes: 2	Score: 5

https://www.electrofitness.com/martial-arts-club/valparaiso/east-end-muay-thai-strength-and-conditioning-valparaiso_158452.php



valparaiso

East End - Muay Thai / Strength and Conditioning - Valparaiso

Martial Arts Club East End: Muay Thai and Strength Conditioning in Valparaiso, Indiana

If you're looking for a top-notch martial arts training experience in Valparaiso, Indiana, look no further than the **Martial Arts Club East End**. Specializing in **Muay Thai** and **strength and conditioning**, this club offers an inclusive

environment for practitioners of all levels.

Wheelchair-Accessible Facilities

The Martial Arts Club East End is committed to providing **accessibility** for everyone. The facility features a **wheelchair-accessible car park**, ensuring that individuals with mobility challenges can easily access the premises. This thoughtful consideration allows all members of the community to participate in the rigorous training offered without barriers.

Muay Thai Classes

Muay Thai, often known as the "Art of Eight Limbs," is a striking art that utilizes punches, kicks, elbows, and knees. At Martial Arts Club East End, you can expect structured classes that focus on both technique and fitness. Whether you are a beginner or an experienced fighter, the skilled instructors will cater to your individual needs.

Strength and Conditioning Training

In addition to Muay Thai, the club emphasizes the importance of **strength and conditioning**. This aspect of training is essential for enhancing performance and preventing injuries. Members can benefit from tailored workouts that improve overall strength, endurance, and agility, making them more effective in martial arts and daily activities.

Join the Community

Martial Arts Club East End welcomes everyone, regardless of skill level or background. By providing **accessible** facilities and expert training, they foster a strong sense of community among members. If you're in Valparaiso, Indiana, and interested in martial arts, consider visiting the club to experience its unique offerings firsthand.

Conclusion

With its commitment to accessibility and quality training, Martial Arts Club East End stands out as a premier destination for Muay Thai and strength conditioning in Valparaiso. Join today and take the first step towards enhancing your martial arts journey!

We are found at

4411 Evans Ave Ste C, 46383 Valparaiso, Indiana - United States (US)

The phone number of said **Martial arts club** is +1860-319-9889
And if you want to send a WhatsApp, you can do so at +1860-319-9889

The website is East End - Muay Thai / Strength and Conditioning

If you need to change any detail that you believe is not correct regarding this site, we ask send a message and we will correct it quickly. With anticipation thanks for your cooperation.

Images



East end muay thai strength and conditioning valparaiso



East end muay thai strength and conditioning street view 360



East end muay thai strength and conditioning map



East end muay thai strength and conditioning by owner



East end muay thai strength and conditioning boxing



East end muay thai strength and conditioning all

Tags

Accessibility, Wheelchair-accessible car park

Related content

5.0 * *Sc Faith Yoga - Abbeville*

5.0 * *The Movement Lab - Youngsville*

4.8 * *Lakeland Fitness & Golf Llc - Woodruff*

5.0 * *CrossFit Cayenne - Abbeville*

4.7 *	<i>Planet Nutrition - Abbeville</i>
5.0 *	<i>Abbotsford Public Schools District - Abbotsford</i>
4.9 *	<i>Swla Tumble & Cheer - Abbeville</i>
4.8 *	<i>Royal Fit Nutrition - Abbeville</i>
4.9 *	<i>Verse CrossFit - Abbeville</i>
4.7 *	<i>K.a.k. Fitness - Abbeville</i>

Categories

association / organization
boxing ring
community center
convenience store
country club
dollar store
elementary school
fitness center
grocery store
gym
gymnastics center
hotel
kickboxing school
martial arts club
martial arts school
non-profit organization
personal trainer
physical fitness program
physical therapy clinic
pilates studio
public educational institution
rock climbing gym
school district office
shooting range
sports complex
tennis club
thrift store
vitamin & supplements store
yoga studio