

Bare Bones Gym - Abington

abington

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abington

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Discover Fitness at Bare Bones Gym in Abington, Massachusetts

If you're in Abington, Massachusetts, and looking to enhance your fitness journey, **Bare Bones Gym** is the place to be. With experienced personal trainers and a commitment to accessibility, they offer everything you need to succeed in your health goals.

Planning Your Fitness Journey

At Bare Bones Gym, **planning** is essential. Whether you're a beginner or someone looking to get back on track, having a personalized approach will keep

you motivated and honest. Matt, one of the renowned personal trainers here, has helped many clients regain their health by tailoring fitness plans that fit individual needs.

Accessibility at Bare Bones Gym

Accessibility is a top priority at Bare Bones Gym. They feature a **wheelchair-accessible toilet** and a **wheelchair-accessible car park**, ensuring that all individuals can take advantage of their fantastic facilities. This focus on **accessibility** makes it easier for everyone to participate in workouts and personal training sessions.

Amenities That Enhance Your Experience

The gym offers various **amenities** designed to create a supportive environment for all members. From high-quality equipment to comfortable changing areas, Bare Bones Gym ensures that every visit contributes positively to your fitness journey.

Appointments Recommended for Optimal Results

To maximize your experience, **appointments are recommended**. Scheduling time with Matt or any other personal trainer can help ensure that you receive personalized attention and guidance, which has proven beneficial for many clients seeking to achieve their fitness goals.

Client Testimonials Speak Volumes

Many clients have shared their success stories about working with Matt. One satisfied customer mentioned, "Having a personal trainer has been a huge benefit to getting back on track and my health back in line." Another client stated, "Bare Bones Gym is fantastic. Matt is a great personal trainer. I would recommend anyone looking to get into shape to check it out." These testimonials highlight the positive impact of professional training in achieving fitness goals.

Conclusion

In summary, if you're looking to transform your health and fitness routine, consider visiting Bare Bones Gym in Abington, Massachusetts. With a focus on **planning**, comprehensive **amenities**, and strong emphasis on **accessibility**, along with the expertise of personal trainer Matt, you're sure to find the motivation you need to succeed. Remember to schedule your appointment today and take the first step towards a healthier you!

The location of our business is in

141 Highland Rd, 02351 Abington, Massachusetts - United States (US)

The phone number of the mentioned **Personal trainer** is +1617-842-5235

And if you want to send a WhatsApp, you can do so at [+1617-842-5235](https://wa.me/16178425235)

Our public attention hours are:

- Day Hours
- Monday
Closed
- Tuesday
8?AM–8?PM
- Wednesday
8?AM–8?PM
- Thursday
8?AM–8?PM
- Friday
8?AM–8?PM
- Saturday
8?AM–1?PM
- Sunday
Closed

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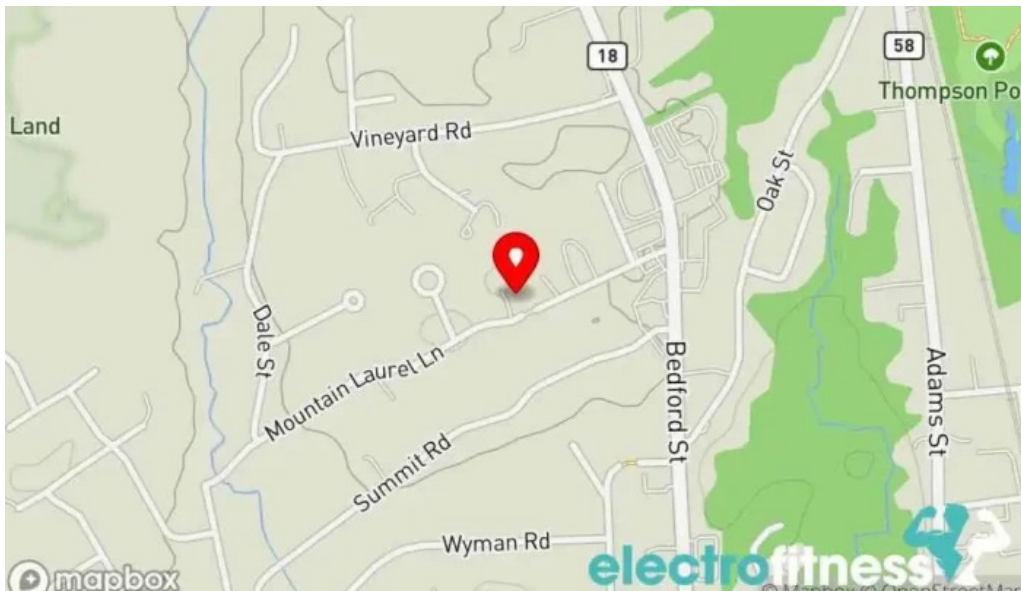
Images



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Bare bones gym physical fitness



Bare bones gym map



Bare bones gym gym



Bare bones gym by owner



Bare bones gym all



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Tags

Appointments recommended, Wheelchair-accessible car park, Accessibility, Toilet, Wheelchair-accessible toilet, Planning, Amenities

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