

Private Fitness Training by Deana Chochua - Agoura Hills

agoura hills

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Private Fitness Training by Deana Chochua - Agoura Hills

Private Fitness Training by Deana Chochua: Empowering Women in Agoura Hills, California

Identifies as women-owned, Deana Chochua's personal training services stand out in Agoura Hills. She not only offers exceptional fitness coaching but also creates a welcoming environment that caters specifically to women's health and wellness needs.

Personalized Training Approach

Deana is known for her personalized fitness approach, which clients rave about. Her ability to listen and adapt workouts according to individual goals sets her apart. One client noted, "Her extensive knowledge in women's health and hormone fluctuations has been a game changer for me!" This attention to detail makes every session not just effective but enjoyable.

A Safe and Inclusive Space

Identifying as **LGBTQ+ owned** and offering a **transgender safe space**, Deana ensures everyone feels welcomed. The facility is designed to be accessible with a **wheelchair-accessible entrance** and **wheelchair-accessible car park**. Additionally, the gym provides **language assistance** for those who may need it.

On-site Services and Amenities

Clients can expect a variety of **on-site services**, including online classes tailored to individual needs. Appointments are recommended to maximize training outcomes. The gym is equipped with all necessary **amenities** to ensure a comfortable workout experience, including restroom facilities.

Service Options and Accessibility

Deana offers flexible **service options**, catering to different fitness levels and preferences. Whether you choose in-person sessions or **online classes**, her commitment to enhancing your health remains constant. Clients have reported significant improvements in strength, balance, and overall fitness, attributing their success to Deana's unique training style.

Building Confidence and Community

Deana creates a supportive atmosphere, encouraging clients to push themselves while fostering a sense of community. Many individuals have expressed how her motivation transformed their fitness journey: "Having Deana as a personal trainer is life-changing." This positive reinforcement proves essential in maintaining motivation and accountability.

Results Driven and Life Changing

Numerous testimonials highlight the significant transformations experienced through Deana's training. One client shared, "I lost two inches and saw a noticeable change in the shape of my arms, legs, and abdomen!" Such results reflect not only physical changes but also improved mental and emotional

well-being. Clients appreciate the increase in confidence and self-love gained through training.

Conclusion

If you're looking for an extraordinary fitness experience tailored to your unique needs, look no further than **Private Fitness Training by Deana Chochua**. With her expertise, dedication, and inclusive environment, she empowers clients to reach their full potential in a supportive and engaging manner.

Our establishment is located at

5737 Kanan Rd UNIT 252, 91301 Agoura Hills, California - United States (US)

The contact line of the respective **Personal trainer** is +1213-433-6057

And if you want to send a WhatsApp, you can do so at +1213-433-6057

Our service hours are:

Day	Hours
Monday	5-9?AM
Tuesday	Closed
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 Private Fitness Training by Deana Chochua

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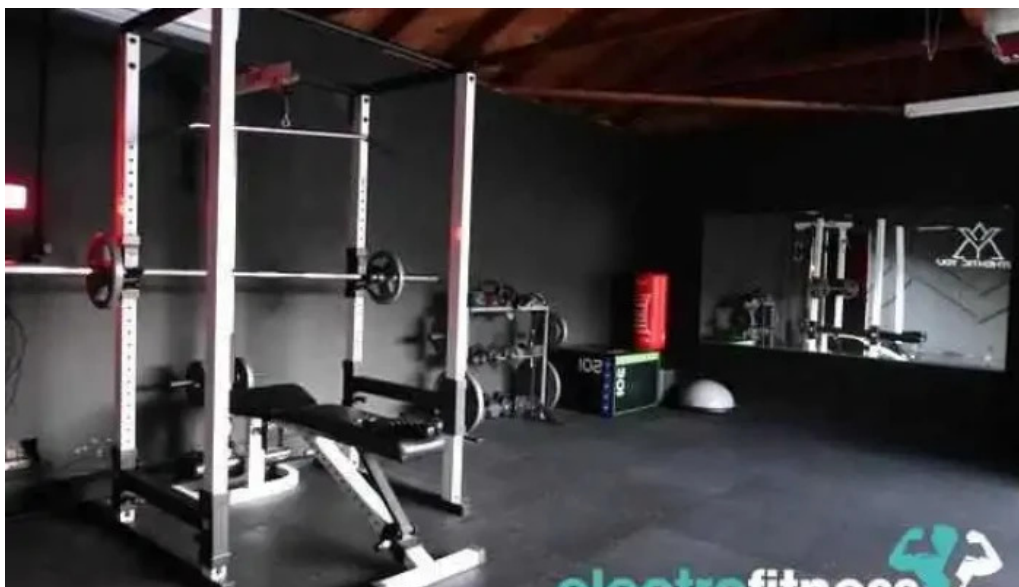
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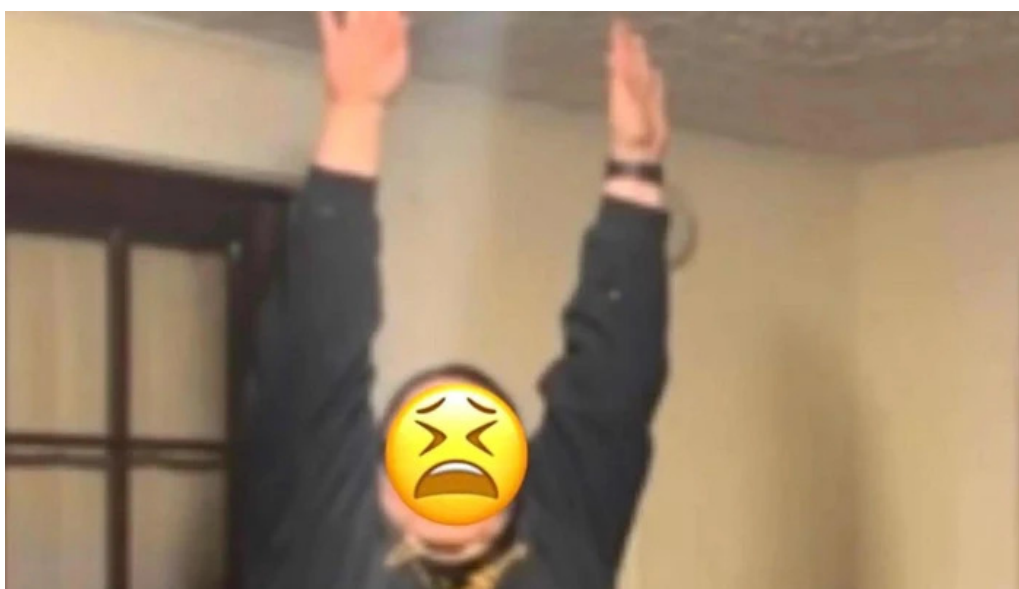
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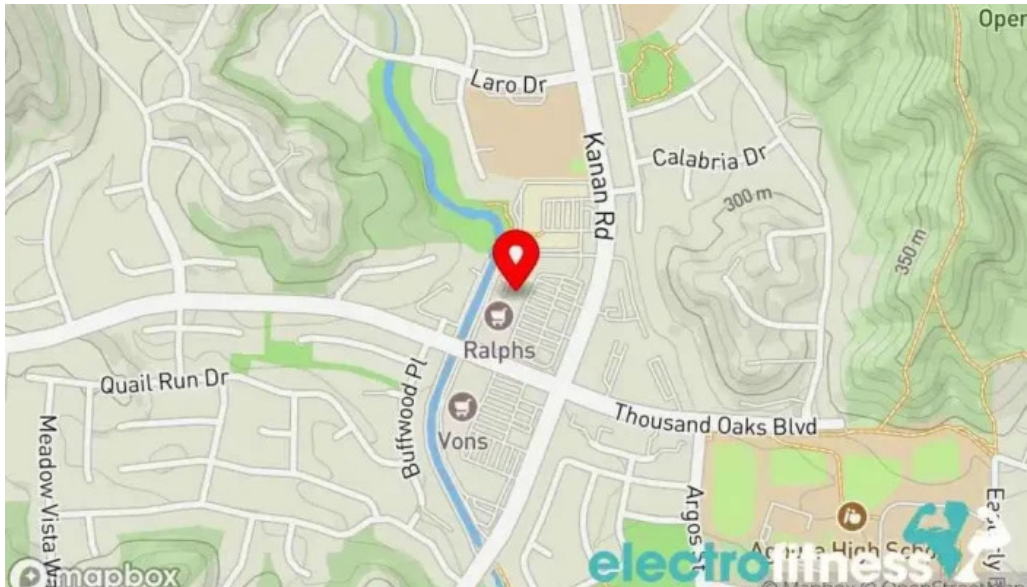
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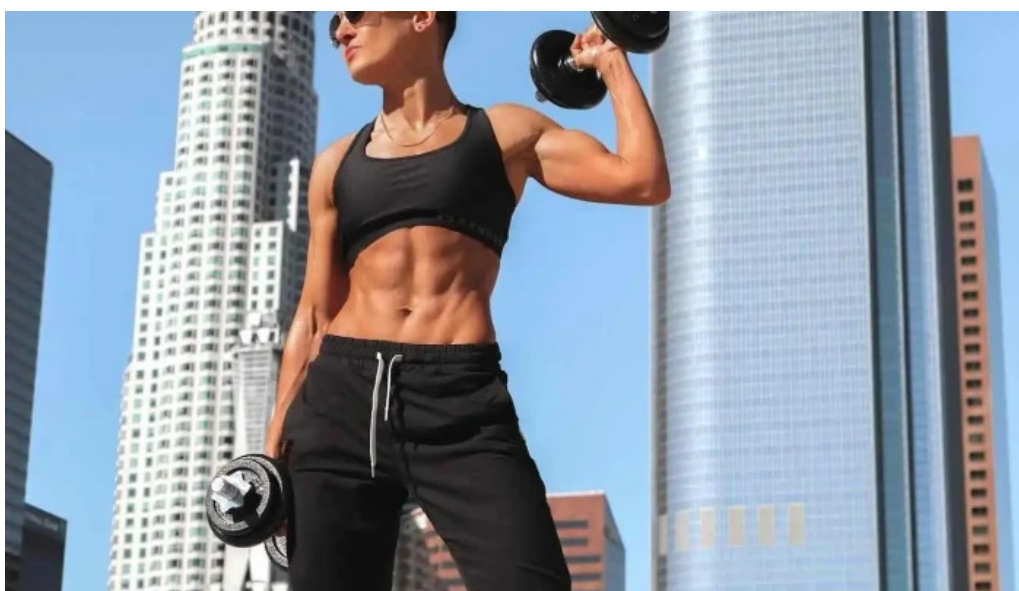
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Private fitness training by deana chochua agoura hills

Tags

Identifies as LGBTQ+ owned, Appointment required, Appointments recommended, LGBTQ+ friendly, Wheelchair-accessible car park, Transgender safe space, Wheelchair-accessible entrance, Crowd, On-site services, Planning, Language assistance, Service options, Amenities, Toilet, Online classes, Accessibility, Identifies as women-owned, From the business

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