

The Mind-Body Disciple - Alamo

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The Mind-Body Disciple: Your Premier Personal Training Destination in Alamo, California

If you're seeking a holistic approach to fitness, ****The Mind-Body Disciple**** in Alamo, California, is the perfect personal training facility for you. With an emphasis on both physical and mental well-being, this center offers a variety of features that cater to everyone, including those with disabilities.

Accessibility for All

One of the standout features of The Mind-Body Disciple is its commitment to

****accessibility****. The facility is equipped with a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can enjoy their workout experience without barriers.

Facility Amenities

At The Mind-Body Disciple, clients can take advantage of a range of ****amenities**** designed to enhance their training sessions. The gym is well-maintained and features modern equipment suited for various fitness levels. A clean and comfortable ****toilet**** facility is also available, ensuring your visit is always convenient.

Appointments Recommended

To make the most of your experience at The Mind-Body Disciple, it is advisable to book your sessions in advance. ****Appointments are recommended**** to ensure personalized attention from certified personal trainers who specialize in mind-body techniques.

Planning Your Visit

When you're planning your trip to The Mind-Body Disciple, consider your schedule and preferences. Whether you're coming for a ****solo workout**** or a guided session with a trainer, the facility's supportive environment will help you unlock your full potential. In conclusion, The Mind-Body Disciple stands out as a leading personal training destination in Alamo, California, thanks to its focus on accessibility, comprehensive amenities, and personalized training. Don't miss the opportunity to transform your fitness journey today!

You can visit us at the address:

160 Alamo Plaza #901, 94507 Alamo, California - United States (US)

The phone number of this **Personal trainer** is +1916-521-8411

And if you want to send a WhatsApp, you can do so at +1916-521-8411

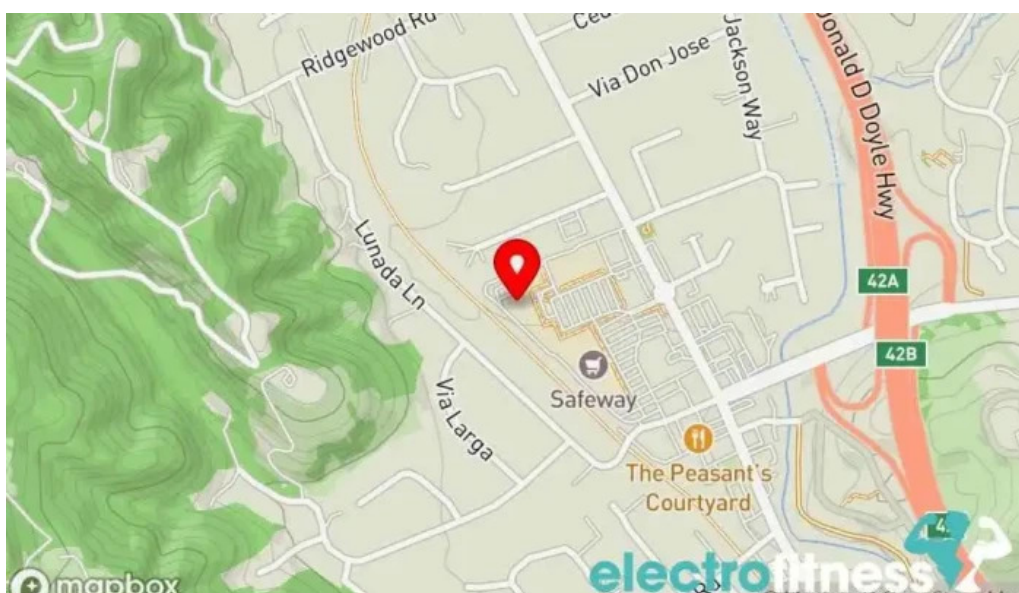
The website is The Mind-Body Disciple

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Images



The mind body disciple street view 360deg



The mind body disciple map



The mind body disciple by owner



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Tags

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

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