

## Ab Fitness Studio - Allen Park

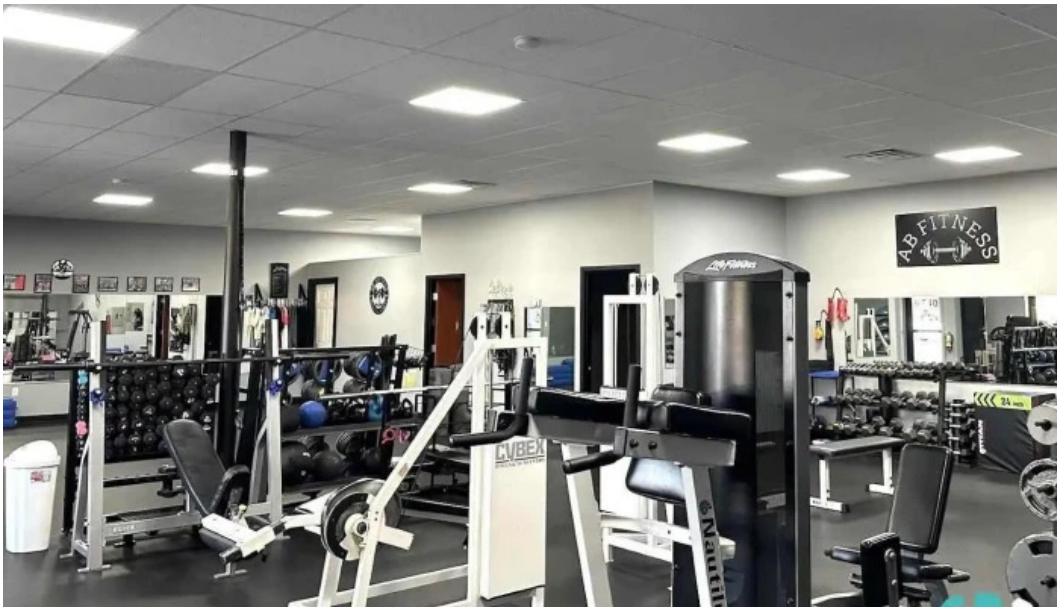
allen park

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*allen park*

## Ab Fitness Studio - Allen Park

### Discover AB Fitness Studio: Your Local Personal Trainer in Allen Park, Michigan

Located in the heart of Allen Park, Michigan, **AB Fitness Studio** stands out as a premier destination for those seeking both personal training and a variety of fitness classes. Known for its welcoming atmosphere and community spirit, this studio is particularly noted for its accessibility and commitment to clients of all backgrounds.

## Accessibility and Inclusivity

AB Fitness Studio is proud to **identify as women-owned**, creating an environment that champions empowerment and inclusivity. The studio features a **wheelchair-accessible entrance**, ensuring that all clients can easily access the facility. Additionally, the studio offers a **wheelchair-accessible car park** and a **wheelchair-accessible toilet**, making it convenient for everyone to enjoy their fitness journey.

## A Range of Service Options

The studio provides a wide range of **service options**, including **online classes** for those who prefer to work out from the comfort of their home. Whether you are a beginner or an experienced athlete, the personalized training programs cater to all fitness levels, enabling clients to reach their goals effectively.

## From the Business: Personalized Approach to Fitness

Clients have praised AB Fitness Studio for its **on-site services** and the dedication of its trainers. Many have shared their positive experiences, highlighting how trainers take the time to create personalized workout plans that meet specific needs. The supportive and motivating environment helps clients stay focused and excited about their fitness journeys.

## Planning Your Visit

If you're considering joining, you'll be pleased to know that the studio encourages **appointments** to ensure everyone receives the attention they deserve. This small studio feels like home, with trainers and clients forming supportive relationships that extend beyond workouts.

## Amenities That Enhance Your Experience

AB Fitness Studio is known for its clean and organized facilities. The amenities offered, such as various machines and weights, ensure that every workout is effective and enjoyable. The diverse class schedule accommodates busy lifestyles, allowing clients to choose times that best fit their schedules.

## Join the Community at AB Fitness Studio

Whether you are looking for group classes or **one-on-one personal training**, AB Fitness Studio has the resources and support to help you succeed. With a focus on **motivation** and **encouragement**, this studio fosters a fabulous community where everyone can thrive.

In conclusion, if you're searching for a fitness studio that prioritizes accessibility, inclusivity, and personal growth, **AB Fitness Studio** in Allen Park is your go-to choice. Join today and become part of a community that celebrates every step of your fitness journey!

### **You can find us at**

6738 Allen Rd, 48101 Allen Park, Michigan - United States (US)

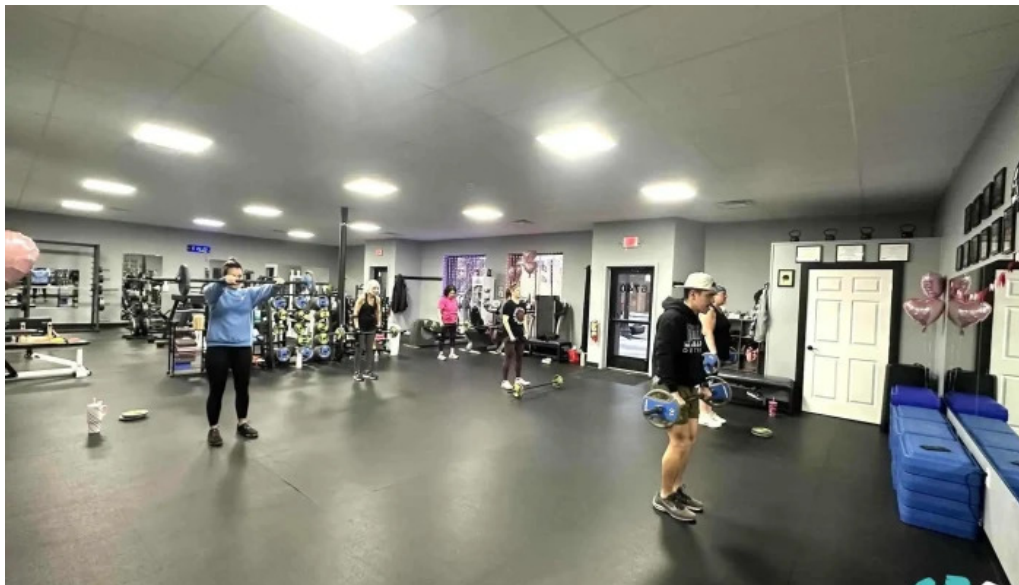
The contact line of said **Personal trainer** is +1313-380-0150

And if you want to send a WhatsApp, you can do so at +1313-380-0150

The website is AB Fitness Studio

If you need to alter any element that you believe is incorrect regarding this site, we urge you to send a message and we will handle it as soon as possible. Thank you in advance we appreciate it.

## **Images**



*Ab fitness studio training*

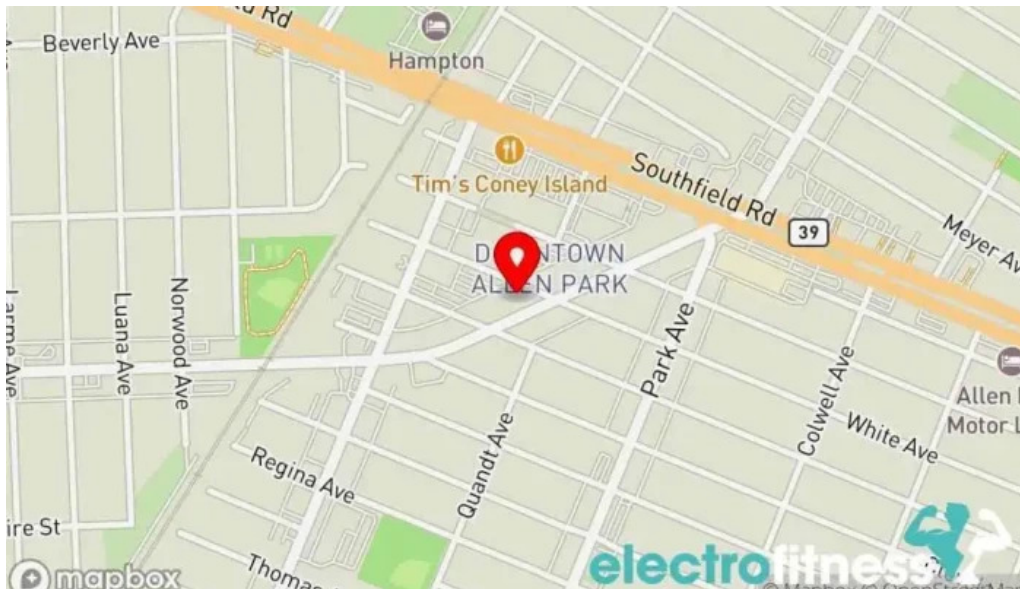


*Ab fitness studio street view 360deg*



*Ab fitness studio physical fitness*





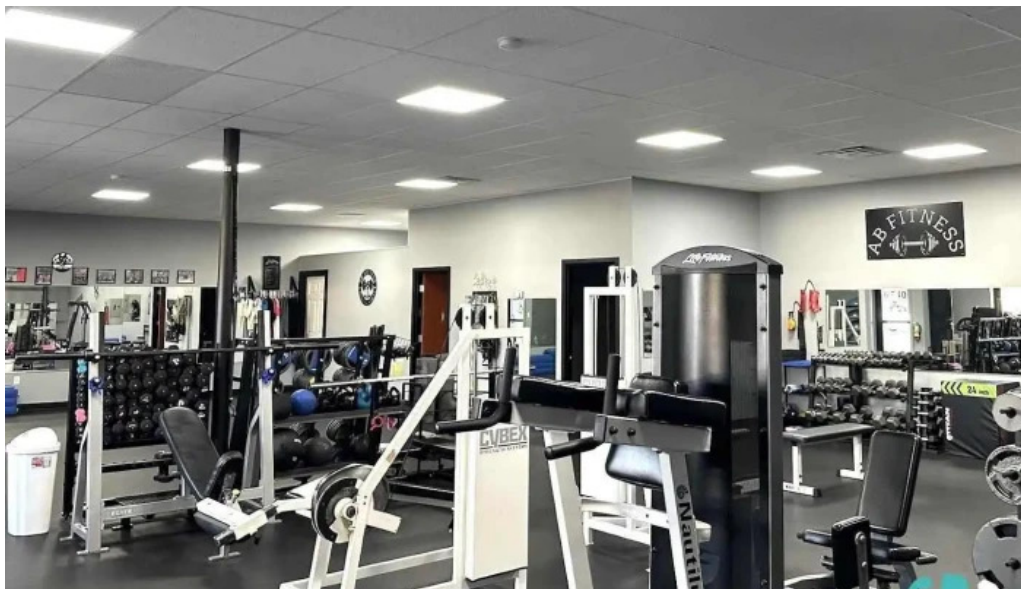
*Ab fitness studio map*



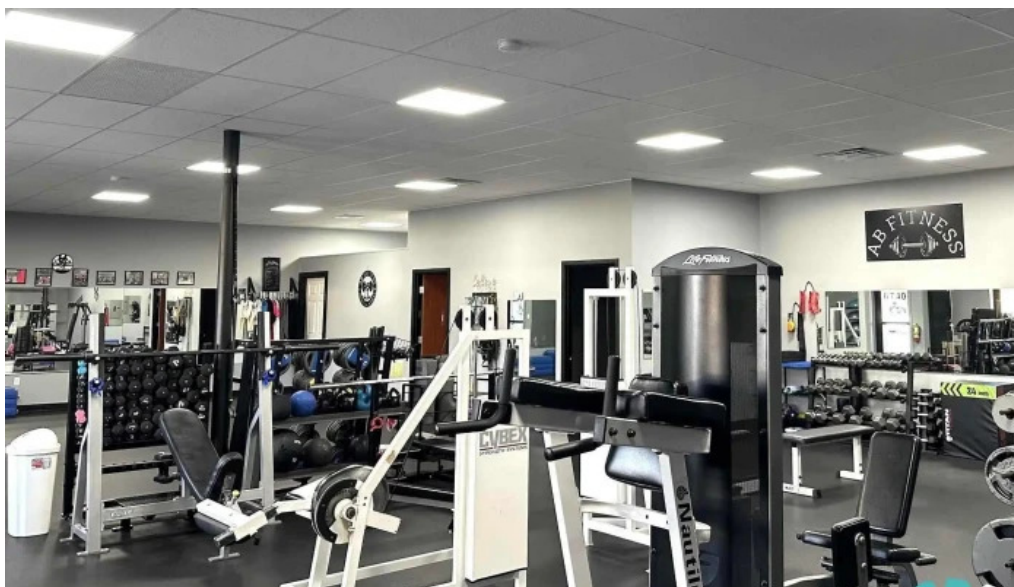
*Ab fitness studio gym*



*Ab fitness studio by owner*



*Ab fitness studio allen park*



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## Tags

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

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**4.2 \*** *Allen Community College Gym - Iola*

**4.2 \*** *Fitness Connection - Allen*

**5.0 \*** *Circuit 31 Fitness - Allen*

**4.7 \*** *Soul Fighters Martial Arts Training Center - Allen*

**4.9 \*** *Hidden Gym - Allen*

**5.0 \*** *HappyLee Fitness Studio - Severna Park*

**4.8 \*** *Studio 55 Fitness Studio - Aliquippa*

**4.9 \*** *Zen Well Studio - White Plains*

**4.9 \*** *Shabach Yoga Studio - Waldorf*

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
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basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store



educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center

metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic

sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
tanning salon
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