

Positive Gains Training - Allen Park

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Positive Gains Training - Allen Park

Discover Positive Gains Training in Allen Park, Michigan

Positive Gains Training is a ****Latino-owned personal training service**** located in the heart of Allen Park, Michigan. This fitness center not only focuses on physical well-being but also prioritizes an inclusive atmosphere for all clients, including those from the ****LGBTQ+ community****.

Service Options and Accessibility

At Positive Gains Training, numerous ****service options**** are available to cater

to various fitness levels. With a focus on individual needs, clients can book **appointments** or take advantage of the **online classes** offered through a user-friendly app. The facility is designed with accessibility in mind, featuring a **wheelchair-accessible entrance**, **car park**, and a **toilet** that accommodates all individuals.

A Welcoming Environment

The atmosphere at Positive Gains Training is vibrant and encouraging, making it a great place to achieve your fitness goals. Acknowledging the importance of comfort during workouts, trainers like Tomas Ramirez ensure that everyone feels welcome and supported, regardless of their fitness background.

Amenities That Enhance Your Experience

The studio boasts various **amenities** to facilitate effective training sessions. Clients appreciate the clean environment and well-stocked equipment, ensuring every workout is productive. The space also includes accessible facilities that allow everyone, regardless of mobility issues, to participate fully.

Personalized Training Approach

Tomas Ramirez, the lead trainer, takes a personalized approach to fitness, working closely with clients to develop tailored plans that suit their unique needs. He emphasizes the significance of proper form, nutrition, and self-care, providing a comprehensive understanding of fitness. Clients report feeling motivated and inspired during their sessions, which not only improve physical health but also mental well-being.

Client Testimonials: Success Stories

Numerous clients have shared their success stories since training at Positive Gains Training. Many have expressed significant improvements in strength, self-confidence, and overall fitness. One client noted, "I had my fitness consultation with Tomas and can't speak enough good words about the experience!" This reflects Tomas's dedication to ensuring that each client leaves with their questions answered and a clear path forward.

Lifestyle Changes and Long-term Benefits

Training at Positive Gains Training is more than just workout sessions; it represents a commitment to lifelong health. Clients like those who have been training for two years report transformative changes in both body and mind. One individual highlights, "I have never regretted a day of training with him and will continue my journey of lifelong health with Tomas as my trainer!"

Join the Positive Gains Community

Whether you are looking for **on-site services** or prefer the convenience of **online classes**, Positive Gains Training offers the ideal environment for

fitness enthusiasts of all levels. With a strong commitment to accessibility and a supportive community, this personal training service in Allen Park is poised to help you achieve your health and fitness goals. Take the first step towards a healthier lifestyle and discover why so many clients rave about their experiences at Positive Gains Training!

We are situated in

16127 Wick Rd, 48101 Allen Park, Michigan - United States (US)

The phone number of this **Personal trainer** is +1313-595-7533

And if you want to send a WhatsApp, you can do so at +1313-595-7533

You can visit us at the following hours:

Day	Hours
Monday	5?AM–6:30?PM
Tuesday	5?AM–4:30?PM
Wednesday	5?AM–3?PM
Thursday	7:30–10?AM
Friday	Closed
Saturday	5?AM–6:30?PM
Sunday	5?AM–4:30?PM

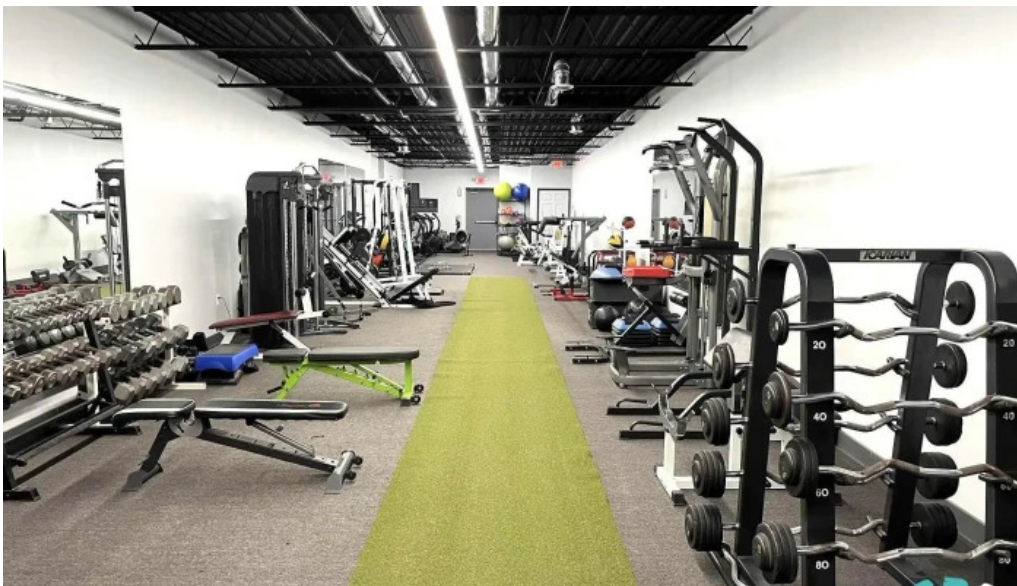
The website is Positive Gains Training

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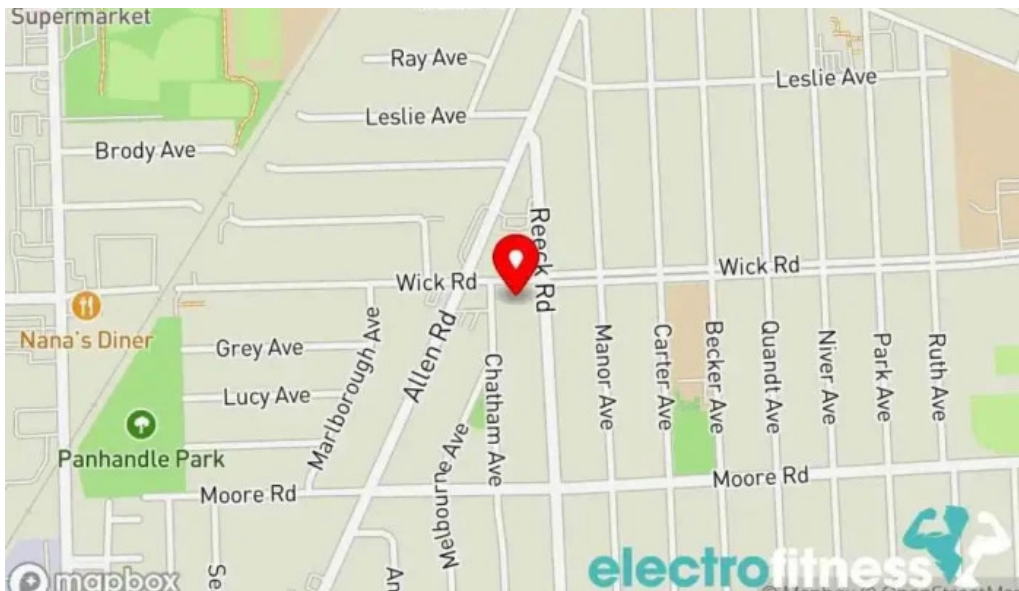
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Appointments recommended, Crowd, Service options, LGBTQ+ friendly, Wheelchair-accessible car park, Amenities, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Toilet, On-site services, Appointment required, Accessibility, From the business,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

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