

Forward Thinking Fitness - Allentown

allentown

☐ I'm not a robot



RECAPTCHA

Published on: 14/05/25	Hits: 2430
Comments: 0	See comments
Votes: 243	Score: 5

https://www.electrofitness.com/personal-trainer/allentown/forward-thinking-fitness-allentown_297444.

.php



allentown

Forward Thinking Fitness - Allentown

Discover Forward Thinking Fitness: Your Local Personal Trainer in Allentown, Pennsylvania

If you're looking for a unique fitness experience that combines top-notch training with a supportive community, look no further than ****Forward Thinking Fitness**** (FTF) in Allentown, Pennsylvania. This gym is not just another place to lift weights; it's a transformational space where everyone feels welcome and empowered to achieve their health and fitness goals.

Location and Accessibility

One of the standout features of FTF is its **free parking lot**, making it easy for you to drop by without any hassle. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, ensuring that everyone can comfortably access their facilities. FTF also provides **gender-neutral toilets**, creating a welcoming environment for all clients, including those who identify as LGBTQ+.

A Tailored Fitness Experience

FTF stands out with its **appointments recommended** policy, which allows trainers to provide individualized attention during sessions. The gym offers a variety of **service options**, including **on-site services** like personal training and group classes, as well as **online classes** for those unable to attend in person. This flexibility makes it easier for clients with busy schedules to stay committed to their fitness journey.

Community-Centric Environment

From the moment you walk into Forward Thinking Fitness, you're greeted by a vibrant atmosphere filled with positive energy. One client stated, "It genuinely feels like a small community when you join." This sense of belonging is fueled by a team of knowledgeable trainers who are invested in your progress. With various amenities available, the gym fosters a collaborative environment where everyone lifts each other up.

Dynamic Workouts and Holistic Support

At FTF, every workout is challenging yet engaging. Members rave about the **outdoor services** offered, which keep things fresh and exciting. Clients frequently highlight how the trainers personalize workouts based on individual fitness levels, ensuring that no one feels intimidated, regardless of their starting point. "The workouts stay fresh and engaging," said one member. For those interested in nutrition, FTF has a registered dietitian who assists members in creating personalized meal plans. This holistic approach to fitness and nutrition is key to achieving long-term results.

Commitment to Results

Results are at the core of what FTF aims for. Regular **body composition measurements and mobility testing** help track progress over time, keeping motivation high. One satisfied member shared, "I've lost over 20 pounds of fat and gained muscle" due to the accountability and support from the trainers. This commitment to your success means that FTF is more than just a gym—it's a lifestyle upgrade.

Conclusion

Whether you're a seasoned athlete or just starting your fitness journey,

Forward Thinking Fitness in Allentown offers an array of resources designed to help you thrive. With ****crowd-free appointments**** and a focus on accessibility and inclusivity, there's no better place to work towards your health goals. Don't hesitate—join the FTF family today, and discover the transformative power of community-focused fitness!

Our location is in

6750 Iroquois Trail Ste 12, 18104 Allentown, Pennsylvania - United States (US)

The contact line of the respective **Personal trainer** is +1610-395-9595

And if you want to send a WhatsApp, you can do so at +1610-395-9595

We look forward to seeing you at:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–12?PM
Thursday	Closed
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

The website is Forward Thinking Fitness

If you wish to modify any data that you feel is not precise concerning this portal, we kindly request deliver a message and we will correct it promptly. Thanks beforehand thanks for your cooperation.

Images



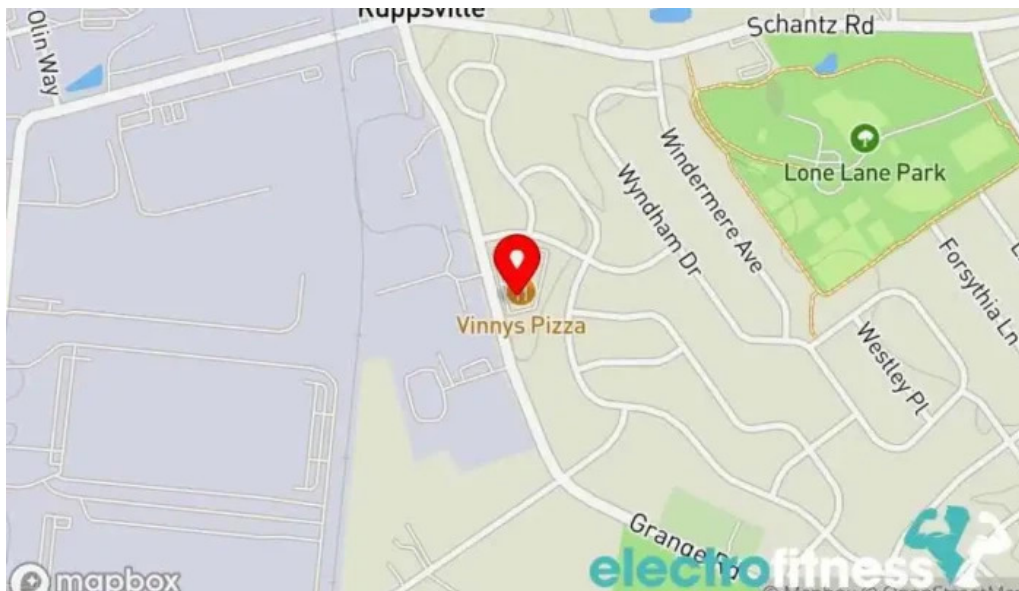
Forward thinking fitness street view 360deg



Forward thinking fitness physical fitness



Forward thinking fitness personal trainer



Forward thinking fitness map



Forward thinking fitness how to get there



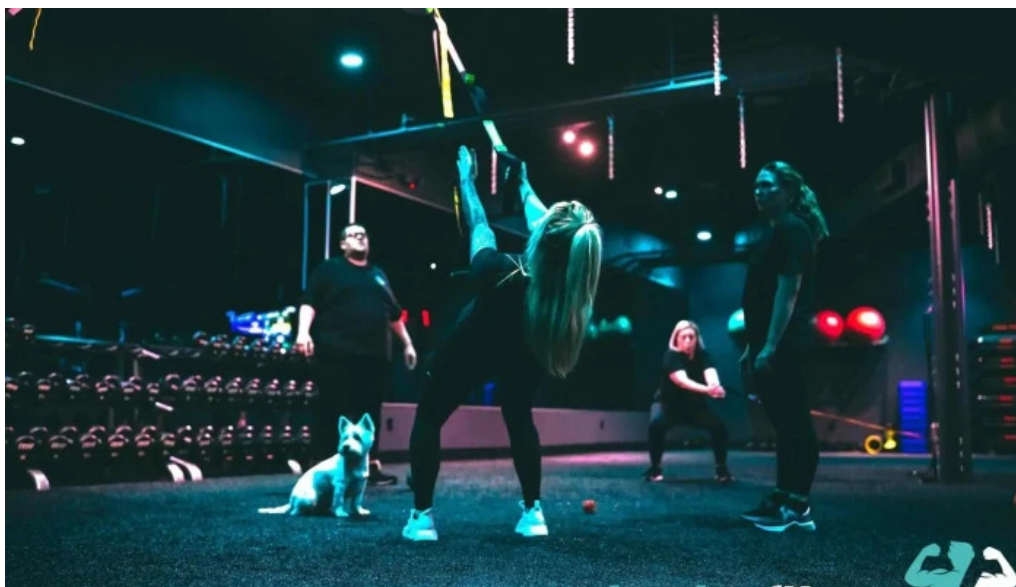
Forward thinking fitness gym



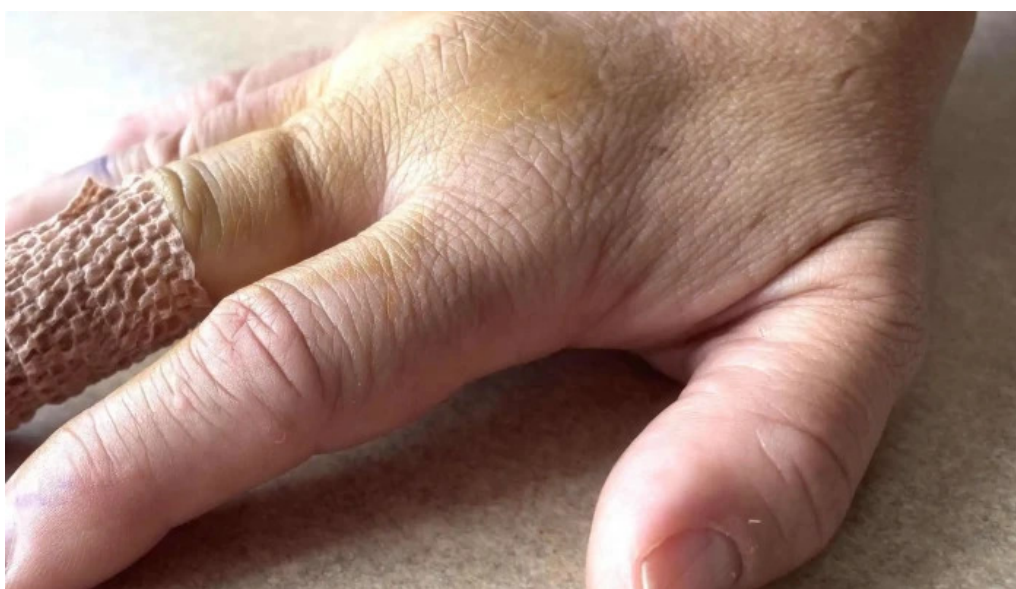
Forward thinking fitness by owner



Forward thinking fitness allentown



Forward thinking fitness all



Forward thinking fitness address

Tags

Toilet, On-site services, Amenities, Gender-neutral toilets, Online classes, Accessibility, Wheelchair-accessible toilet, Planning, Appointment required, Parking, Wheelchair-accessible entrance, Outdoor services, Wheelchair-accessible car park, Crowd, LGBTQ+ friendly, Appointments recommended, Free parking lot, Service options, Transgender safe space

Related content

4.9 * *Forward - Spokane*

4.0 * *Movement Forward Feldenkrais - Santa Fe*

5.0 * *Alloy Personal Training Rossmoor - Walnut Creek*

4.9 *	<i>Ethos Sports & Fitness - Oviedo</i>
5.0 *	<i>Purdue University Fort Wayne Outdoor Gym - Fort Wayne</i>
4.5 *	<i>Vibe Gym and Wellness Collective - Denver</i>
3.7 *	<i>Portage Township Ymca - Portage</i>
5.0 *	<i>American Martial Arts Gym - Waldorf</i>
5.0 *	<i>Nu Fitness - Oakland</i>
5.0 *	<i>You, Yourself, and Yoga - Kirksville</i>

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
bar
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
kenel
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
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization