

## Harris Health & Fitness Llc - Alpharetta - Alpharetta

alpharetta



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## *Harris Health & Fitness Llc - Alpharetta - Alpharetta*

### Discover Harris Health & Fitness LLC - Alpharetta

If you're looking for a personal trainer who truly cares about your fitness journey, look no further than **Courtney Harris** at **Harris Health & Fitness LLC** in Alpharetta, Georgia. This state-of-the-art facility is designed to provide a welcoming environment complete with essential **amenities** to support your training experience.

## Facilities and Accessibility

At Harris Health & Fitness, accessibility is a priority. The gym features a **wheelchair-accessible car park**, ensuring that all clients can comfortably reach the facility. Upon entering, you will find a **wheelchair-accessible entrance** along with a **wheelchair-accessible toilet**, making it easy for everyone to feel welcome.

## Personalized Training Experience

Courtney's approach to personal training is highly personalized. Each session is tailored to meet individual goals, whether you are aiming to lose weight, build strength, or improve overall fitness. With a focus on proper form and safety, he ensures every movement is executed correctly to prevent injuries. Clients consistently praise his ability to motivate while adapting workouts to their specific needs.

## Client Testimonials

"I've been training with Courtney for the past two months, and the progress has been incredible," shares one satisfied client. "He makes sure every movement is done safely, which has helped me get stronger without risking injury." Another client states, "Working with Courtney has been challenging yet rewarding! He's very knowledgeable, and safety is a top priority while building my confidence. I look forward to our sessions each week!"

## The Importance of Planning and Accountability

Courtney emphasizes the significance of **planning** when it comes to achieving fitness goals. He encourages clients to set realistic objectives and works diligently to hold them accountable. "If you're seeking a trainer committed to your fitness goals that will educate, motivate, and celebrate your progress, look no further," a long-term client recommends.

## Why Choose Harris Health & Fitness?

With a clean and well-maintained facility, combined with Courtney's extensive knowledge and expertise, clients have consistently praised the welcoming atmosphere. Appointments are recommended to ensure personalized attention, and each workout is crafted to help you achieve measurable results. "The new gym is excellent, with a wide variety of equipment that keeps workouts fresh and exciting," says a happy member.

## Join the Journey Today

Whether you are new to fitness or looking to take your training to the next level, **Harris Health & Fitness LLC** provides the perfect environment for transformation. Contact Courtney today to schedule your appointment and start your journey towards a healthier, more confident you!

**You can come to our business at**

9850 Nesbit Ferry Rd Suite 17 & 18, 30022 Alpharetta, Georgia - United States (US)

The phone number of this **Personal trainer** is +1678-683-0213

And if you want to send a WhatsApp, you can do so at +1678-683-0213

**Our public attention hours are:**

Day	Hours
Monday	8?AM–12?PM
Tuesday	Closed
Wednesday	5?AM–2?PM
Thursday	5?AM–6?PM
Friday	5?AM–6?PM
Saturday	5?AM–2?PM
Sunday	5?AM–2?PM

The website is Harris Health & Fitness LLC - Alpharetta

In case you want to change any information that you feel is not accurate about this web, we urge you to deliver a message so that we will adjust it quickly. Thank you in advance thanks for your cooperation.

**Images**



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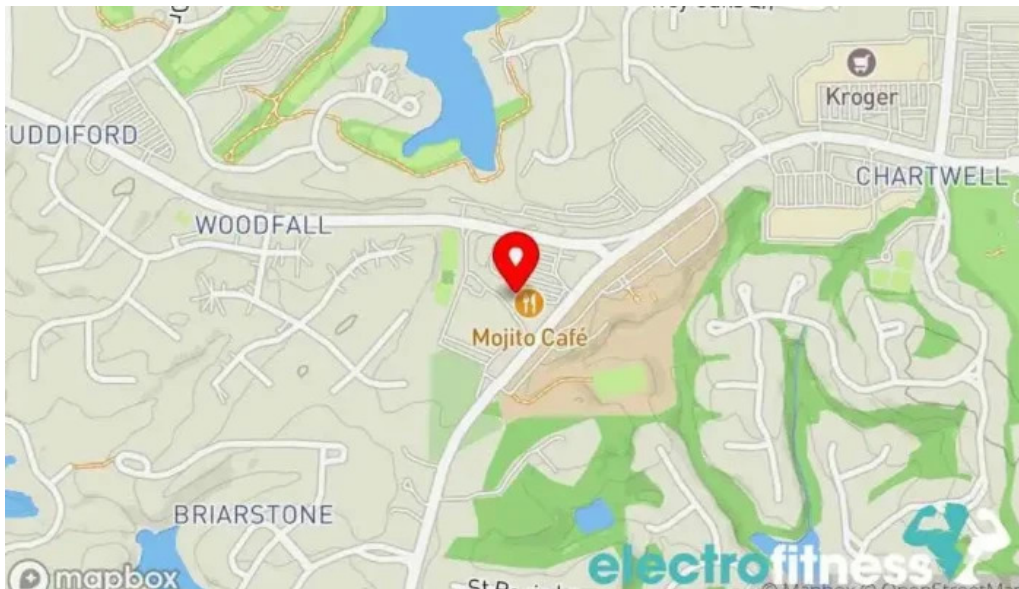


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## Tags

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

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acupuncture clinic
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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



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college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
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
outdoor swimming pool
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
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sports nutrition store
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