

Kennebec Valley Coaching - Augusta

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Kennebec Valley Coaching - Augusta

Discover Kennebec Valley Coaching: Your Personal Training Oasis in Augusta, Maine

If you're on a quest for personal training that embraces every aspect of wellness, look no further than ****Kennebec Valley Coaching (KVC)**** in Augusta, Maine. This premier facility stands out not only for its exceptional coaching but also for its commitment to ****accessibility**** for all individuals.

Accessibility Features

KVC prides itself on being an inclusive environment. The facility boasts a ****wheelchair-accessible toilet**** and a ****wheelchair-accessible car park****, ensuring that everyone can comfortably participate in their fitness journey. These amenities reflect the center's dedication to providing a welcoming atmosphere for people of all abilities.

Tailored Coaching for Everyday Life

One of the standout aspects of training at KVC is the personalized approach taken by coach Amy Larsen. Many clients have shared how her coaching has effectively prepared them for real-life situations that require physical endurance. One satisfied client remarked, "Recent life activities made me realize how working with Amy as a coach has not only prepared me to reach specific athletic goals but also helped me handle family situations that required significant physical activities." Amy designs workouts that not only focus on athletic performance but also ensure you can handle everyday tasks with ease. This cross-functional training prepares you for both planned events and unexpected challenges.

A Welcoming Atmosphere

From the moment you walk into KVC, you'll feel the warmth of a supportive community. Clients have said, "Amy is fantastic! She has created a very welcoming and encouraging environment for people of all ages, sizes, and abilities." This camaraderie is vital to making fitness enjoyable and sustainable. If you're looking to embark on a new fitness journey, whether it's running, triathlon training, or simply wanting a friendly workout, KVC offers a space where everyone can thrive.

Amenities That Enhance Your Experience

The facility offers various ****amenities****, including an ****infinity pool****, which has been a game-changer for clients recovering from injuries. As one client expressed gratitude, "I love her infinity pool! It helped me so much after my knee surgery." This is a testament to Amy's focus on recovery and overall well-being.

Recommendations and Appointments

To truly benefit from what KVC has to offer, ****appointments are recommended****. This ensures you receive the personalized attention necessary for your growth and development. As one participant highlighted, "If you want to take your training to the next level, KVC is the place for you!"

Conclusion

In conclusion, Kennebec Valley Coaching in Augusta, Maine, is more than just a gym; it's a supportive community where ****people feel empowered**** to achieve their fitness goals. With its focus on accessibility, tailored coaching, and

welcoming environment, it's clear why so many rave about their experiences. Join KVC today and start your journey to a healthier, happier you!

The location of our premises is

11 Oak St, 04330 Augusta, Maine - United States (US)

The phone of the respective **Personal trainer** is +1207-513-0943

And if you want to send a WhatsApp, you can do so at +1207-513-0943

The website is Kennebec Valley Coaching

If you require to alter any data that you consider is not accurate concerning this web, we urge you to deliver a message and we will correct it quickly. In advance thanks.

Images



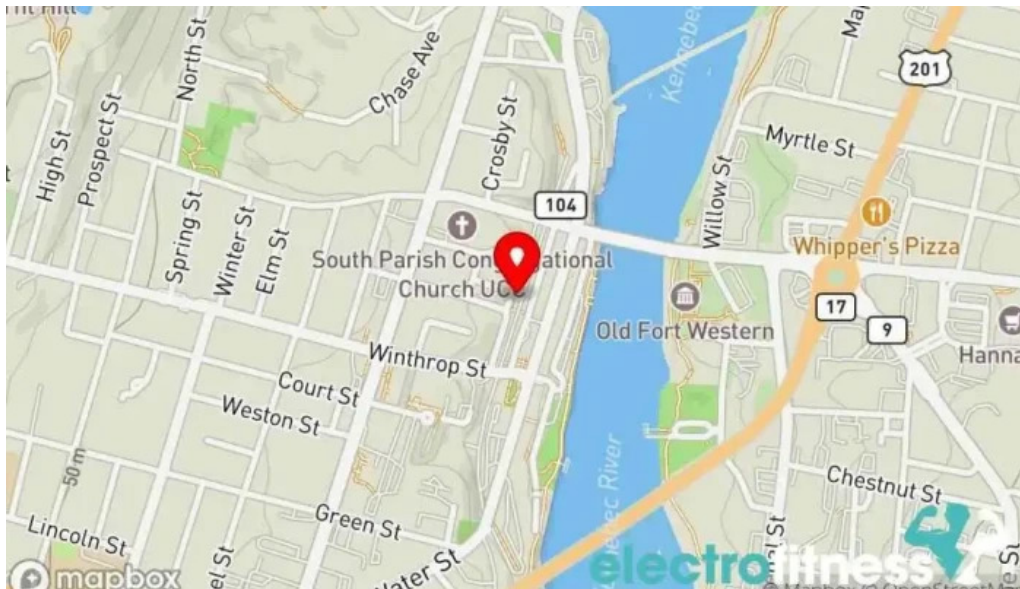
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Tags

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

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