

Firmfit training and boxing - Brockton

brockton

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Welcome to FirmFit Training and Boxing in Brockton, Massachusetts

If you are seeking a ****personal trainer**** with a proven track record of success and a welcoming atmosphere, look no further than ****FirmFit Training and Boxing****. Located in the heart of Brockton, this facility is dedicated to helping you achieve your fitness goals through a range of specialized services.

Planning Your Fitness Journey

At FirmFit, planning your fitness journey starts with a personal assessment.

Coaches take the time to understand your individual needs, past injuries, and future goals. This personalized approach ensures that every workout is tailored specifically for you, setting the stage for success. As one client noted, "Coach Tim came up with a plan, and we got started right away."

Service Options Available

FirmFit offers a variety of **service options**, including: - **One-on-One Personal Training:** Experience individualized attention and customized workouts designed to push you to your limits. - **Group Classes:** Enjoy the camaraderie of fitness classes that inspire motivation and community. - **Online Classes:** For those who prefer to train from home, online classes provide flexibility and accessibility. Clients have expressed appreciation for the range of training options available, highlighting that "the coaching was top tier" and that they had "a very fun time while learning how to box."

Accessibility and Amenities

FirmFit is committed to providing an inclusive environment for everyone. The gym features a **wheelchair-accessible car park** and facilities to ensure that all clients can comfortably access the services offered. It's equipped with essential **amenities** to enhance your training experience. Additionally, a clean and well-maintained **toilet** area ensures convenience during your visit. As one visitor stated, "The place is clean, professional, and very welcoming."

On-Site Services and Appointments Recommended

While walk-ins are welcome, it's highly recommended to make **appointments** to secure your spot with your preferred trainer. The trainers at FirmFit, such as Coach Tim and Coach Steph, are known for their dedication and ability to motivate clients to reach their full potential. "Tim is great; he really helps you reach and surpass all of your fitness goals," shared a happy client.

A Community Built on Positivity

The environment at FirmFit is often described as a "great atmosphere filled with positivity and enjoyment." The sense of community here makes it not just a gym but a place where individuals come together to support one another. As shared by a member, "Everyone is like family, and the coaching staff truly cares about the people in the gym."

Conclusion

Whether you're a seasoned athlete or a beginner looking to get fit, FirmFit Training and Boxing has something special to offer. From accessible facilities to dedicated trainers, this gym embodies hard work, professionalism, and genuine care for each member's journey. Come join the community at FirmFit and start transforming your life today!

We are found at

60 Skinner St, 02302 Brockton, Massachusetts - United States (US)

The contact line of the respective **Personal trainer** is +1617-767-1790
And if you want to send a WhatsApp, you can do so at +1617-767-1790

We are available at these times:

Day Hours
Monday
11:30?AM–8?PM
Tuesday
12:30–5?PM
Wednesday
Closed
Thursday
3:30–8:15?PM
Friday
11:30?AM–8?PM
Saturday
11:30?AM–8?PM
Sunday
11:30?AM–8?PM

The website is Firmfit training and boxing

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Images



Firmfit training and boxing training



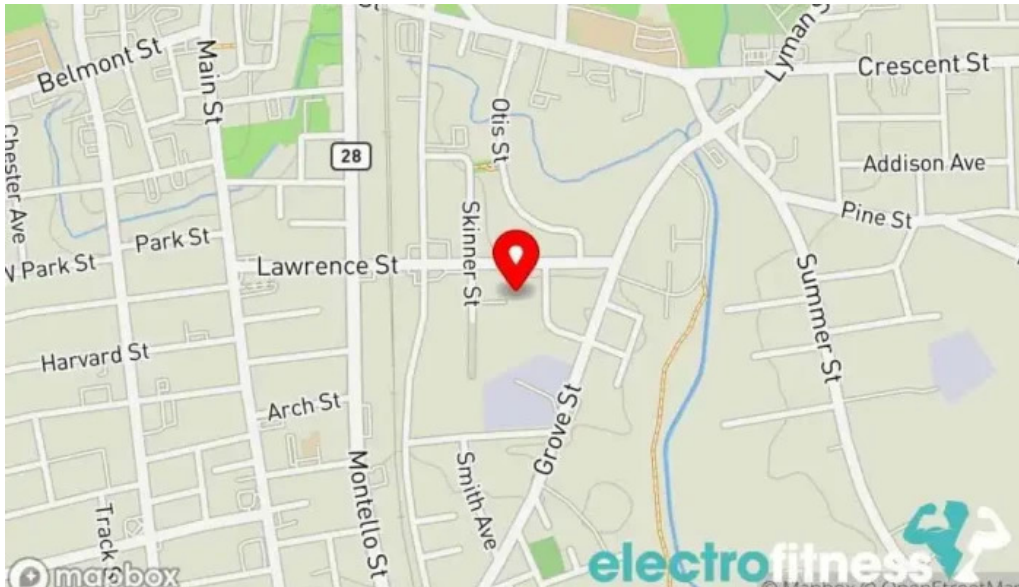
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Tags

Accessibility, Planning, Appointments recommended, Toilet, Wheelchair-accessible car park, Amenities, Online classes, On-site services, Service options

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spa and health club
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sports club
sports complex
sports medicine clinic

sports school
swimming instructor
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thrift store
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yoga instructor
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