


Davis Fitness - Burlington

burlington

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burlington

Davis Fitness - Burlington

Welcome to Davis Fitness: Your Path to Health in Burlington, North Carolina

At **Davis Fitness**, we pride ourselves on providing an inclusive and effective training environment tailored to meet the needs of all individuals. Located in the heart of Burlington, North Carolina, our facility is not only equipped with state-of-the-art amenities but also emphasizes **accessibility** for everyone.

Accessibility Features

We understand the importance of making fitness accessible to all. That's why **Davis Fitness** features:

- Wheelchair-accessible entrance** - Our facility readily welcomes all clients.
- Wheelchair-accessible toilet** - Safety and comfort are our top priority.
- Wheelchair-accessible car park** - Convenient parking options designed for easy access.

Why Choose Personal Training at Davis Fitness?

With a focus on personal growth and well-being, our head trainer, **Jeff Davis**, has garnered praise from clients of all ages and abilities. Here's what makes his training unique:

- Tailored Workout Plans:** Jeff designs a personalized plan based on your individual goals, ensuring each session is effective and challenging.
- Expert Guidance:** Jeff's extensive knowledge ensures that you understand proper techniques, minimizing the risk of injury while maximizing results.
- Emotional Support:** Beyond physical training, Jeff provides invaluable emotional support, fostering a sense of community.

Amenities That Enhance Your Experience

Davis Fitness is well-equipped to provide an exceptional training experience:

- Modern Equipment:** Access to a variety of machines and tools for comprehensive workouts.
- Flexible Scheduling:** While **appointments are recommended**, we strive to accommodate your busy lifestyle.
- Group or Individual Sessions:** Whether you're training solo or with friends, our sessions are designed to motivate and engage.

Client Testimonials

Here's what some of our satisfied clients have to say:

- "Jeff is an awesome trainer! He has worked with my pre-teen for several months now, and she is physically stronger and faster." – Happy Parent
- "I am now in the best shape of my life thanks to Jeff! He makes exercise fun and takes it beyond the machines." – Satisfied Client
- "Jeff has integrity and cares deeply for his clients. You will get more than your money's worth!" – Long-term Client

Join Us at Davis Fitness

Experience a personal training journey that emphasizes health, wellness, and community. At **Davis Fitness**, we believe in working hard while having fun. For those looking for effective workouts tailored to your unique needs, reach out to us today! Your path to a healthier you begins here.

We are found at

1147 St Marks Church Rd H, 27215 Burlington, North Carolina - United States (US)

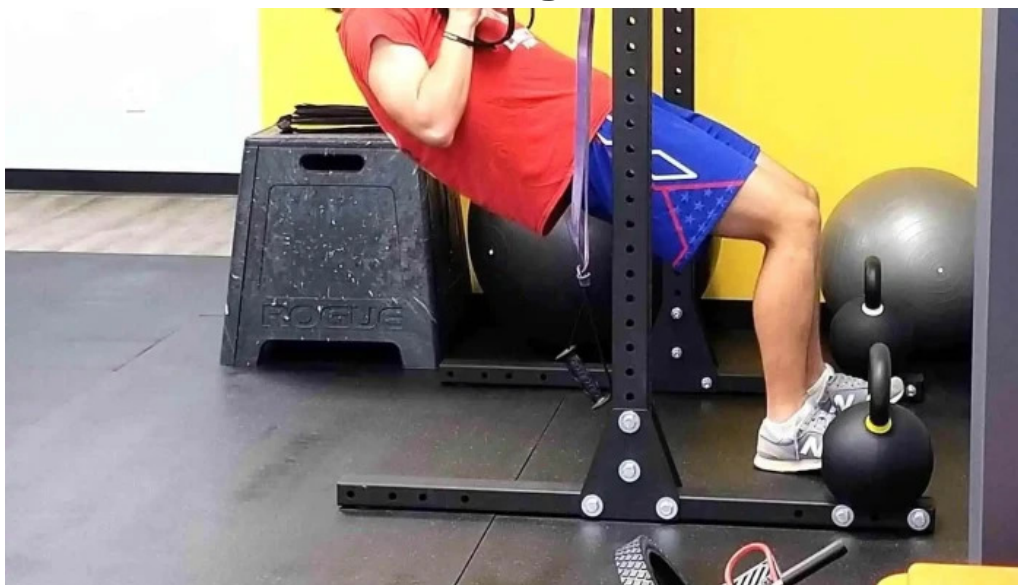
The contact line of the mentioned **Personal trainer** is +1336-263-7394
And if you want to send a WhatsApp, you can do so at +1336-263-7394

We are open during the following hours:

Day Hours
Monday
6?AM–10?PM
Tuesday
6?AM–10?PM
Wednesday
6?AM–10?PM
Thursday
6?AM–10?PM
Friday
6?AM–10?PM
Saturday
6?AM–10?PM
Sunday
Closed

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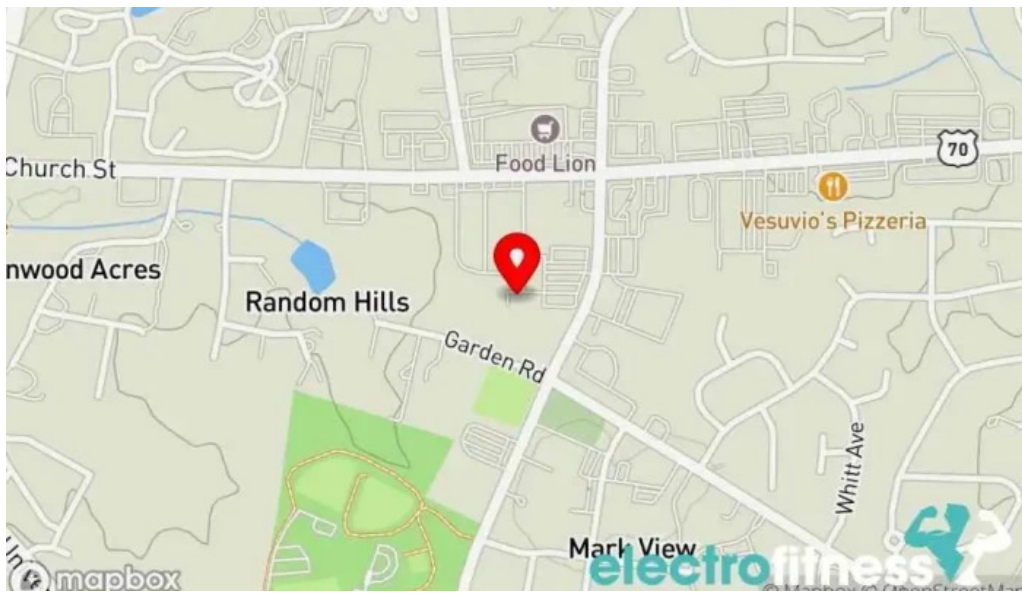
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Davis fitness training



Davis fitness physical fitness



Davis fitness map



Davis fitness gym



Davis fitness by owner



Davis fitness burlington



Davis fitness all

Tags

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

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cultural center
dance company
dance school
day spa
disc golf course
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educational institution
elementary school
exercise equipment store
facial spa
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fitness equipment wholesaler
food producer
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golf club
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golf instructor
grocery store
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physical therapy clinic
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pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic

sports nutrition store
sports school
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