

## Isley Fitness - Burlington

burlington

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*burlington*

## *Isley Fitness - Burlington*

### **Isley Fitness: Your Destination for Personal Training in Burlington, North Carolina**

Isley Fitness stands out as a beacon of hope and empowerment for individuals looking to improve their health and fitness. Located in Burlington, North Carolina, this gym is not just a place to work out; it's a community where everyone can thrive regardless of their physical condition.

#### **Accessibility Features**

One of the key highlights of Isley Fitness is its comprehensive **\*\*accessibility\*\***

options. The facility boasts a **\*\*wheelchair-accessible entrance\*\***, ensuring that everyone can enter without barriers. For those driving to the gym, the **\*\*wheelchair-accessible car park\*\*** provides convenient parking options. Additionally, the gym is equipped with a **\*\*wheelchair-accessible toilet\*\***, making it easier for clients with mobility challenges to enjoy their workout experience comfortably.

### **Amenities Designed for All**

At Isley Fitness, the emphasis is on inclusivity, offering various **\*\*amenities\*\*** that cater to all members. Clients often express how both Alyssa and Brian, the head trainers, provide personalized attention that transforms workouts into a rewarding experience. With training programs designed for all shapes, sizes, ages, and fitness levels, you can be assured of a tailored approach that suits your needs.

### **The Personal Touch in Training**

Clients have shared glowing reviews about their experiences at Isley Fitness, particularly highlighting the exceptional skills of trainers Alyssa and Brian. Many have noted that the personal trainers put their heart and soul into every session. They don't just guide workouts but also provide a supportive environment where individuals can grow and achieve their goals. For instance, one client mentioned how Alyssa's training combines cardio and strength without causing pain or muscle fatigue, showcasing her understanding of human anatomy and exercise limits. Another client shared their success story of losing 21 pounds in just seven weeks due to Alyssa's customized meal plans and dedicated support.

### **Creating Lifelong Changes**

Many clients report that their time at Isley Fitness goes beyond mere physical transformation; it often leads to significant mental shifts as well. One individual recalled overcoming anxiety and depression through Alyssa's guidance, while another praised the transformative journey they experienced after working with Brian for over ten years. This consistent feedback highlights the profound impact that Isley Fitness has on its members' lives.

### **Join the Isley Fitness Family**

Isley Fitness is more than just a gym; it's a community that fosters growth, encouragement, and resilience. With its variety of accessibility features, inclusive amenities, and dedicated trainers, it is the perfect place to start your fitness journey. Whether you're working towards specific goals or simply aiming for better health, Isley Fitness welcomes you with open arms. Make today your day one and contact Isley Fitness to begin a transformative journey towards a healthier, happier you!

## You can find us in

127 N O'Neal Street, 27215 Burlington, North Carolina - United States (US)

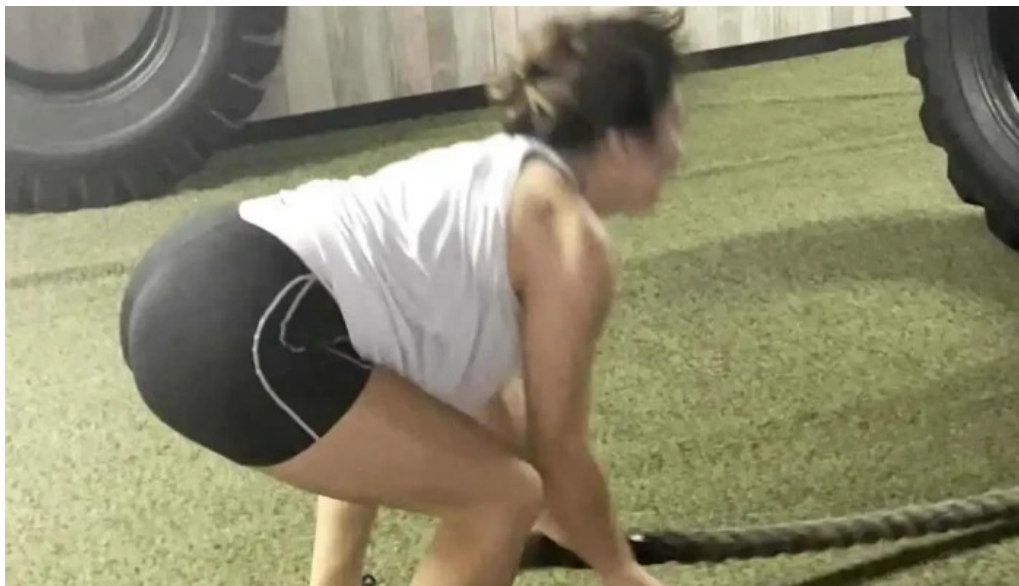
The contact line of this **Personal trainer** is +1336-402-2322

And if you want to send a WhatsApp, you can do so at +1336-402-2322

The website is Isley Fitness

If you wish to change any information that you consider is incorrect regarding this page, we urge you to forward a message and we will correct it at the earliest convenience. Thank you in advance thanks for your cooperation.

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

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basketball club
basketball court
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boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
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coworking space
cultural center
dance company
dance school
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disc golf course
dollar store
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martial arts school
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massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
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
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sports club
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