

The Strength Lab, Llc - Clemmons

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The Strength Lab, Llc - Clemmons

The Strength Lab, LLC: Your Ultimate Personal Training Destination in Clemmons, North Carolina

Welcome to ****The Strength Lab, LLC****, a premier gym located in Clemmons, North Carolina, designed specifically for women who want to improve their strength, mobility, and overall health. With a focus on personalized training in a supportive group setting, The Strength Lab offers a unique experience that has transformed the lives of many clients.

Planning Your Fitness Journey

When embarking on your fitness journey at The Strength Lab, it's essential to plan your appointments ahead of time. ****Appointments are recommended**** to ensure you receive individualized attention suited to your specific goals and needs. With small class sizes, you can expect personal training within a group atmosphere.

Accessibility Features

The Strength Lab prioritizes accessibility for all clients. It features a ****wheelchair-accessible car park**** and ****entrance****, ensuring that everyone can enjoy the benefits of strength training without barriers. Additionally, the facility includes a ****toilet**** and a ****wheelchair-accessible toilet****, making it convenient for all participants.

Excellent Amenities

At The Strength Lab, you will find a variety of amenities that enhance your workout experience. Clients appreciate the effective and efficient workouts that focus on mobility and strength training—all within a ****30-minute**** class format. This structure makes it easy to fit classes into busy schedules while delivering significant results.

Why Choose The Strength Lab?

Many clients have shared their positive experiences at The Strength Lab, highlighting the expertise of Coach Andy Martin and his dedication to helping clients achieve their goals. One client stated, "I feel good, sleep good, and I am a much stronger person since joining." Another shared, "Andy is very knowledgeable and encouraging and teaches us the importance of strength training in our everyday lives." The supportive environment at The Strength Lab fosters camaraderie among participants. As one member said, "The day I joined was a gift I gave myself and my family." This sense of community is a crucial aspect of the gym's culture.

Transformative Results

Clients have reported remarkable improvements in their strength, energy levels, and overall well-being. From women over 40 to individuals recovering from health conditions, The Strength Lab has successfully assisted a diverse clientele. The emphasis on tailored workouts ensures that each participant, regardless of their fitness level, can progress safely and effectively.

Join The Strength Lab Today!

If you're looking for a place that combines personal training with a community-oriented approach, look no further than The Strength Lab, LLC in Clemmons, North Carolina. With facilities designed for accessibility and an environment that promotes growth and support, you will be empowered to reach your fitness goals. Come join us at The Strength Lab and take the first step

toward a healthier, stronger you!

We are at

3434 Kinnamon Village Lp, 27012 Clemmons, North Carolina - United States (US)

The contact line of this **Personal trainer** is +1336-933-6075

And if you want to send a WhatsApp, you can do so at +1336-933-6075

You can visit us at the following hours:

Day Hours
Monday

9–10?AM

Tuesday

Closed

Wednesday

6–9?AM 3:30–6:30?PM

Thursday

6–11:30?AM 3:30–6:30?PM

Friday
4–6?PM

Saturday

6–11:30?AM 3:30–6:30?PM

Sunday

6–9:30?AM

The website is The Strength Lab, LLC

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Thanks beforehand thanks for your cooperation.

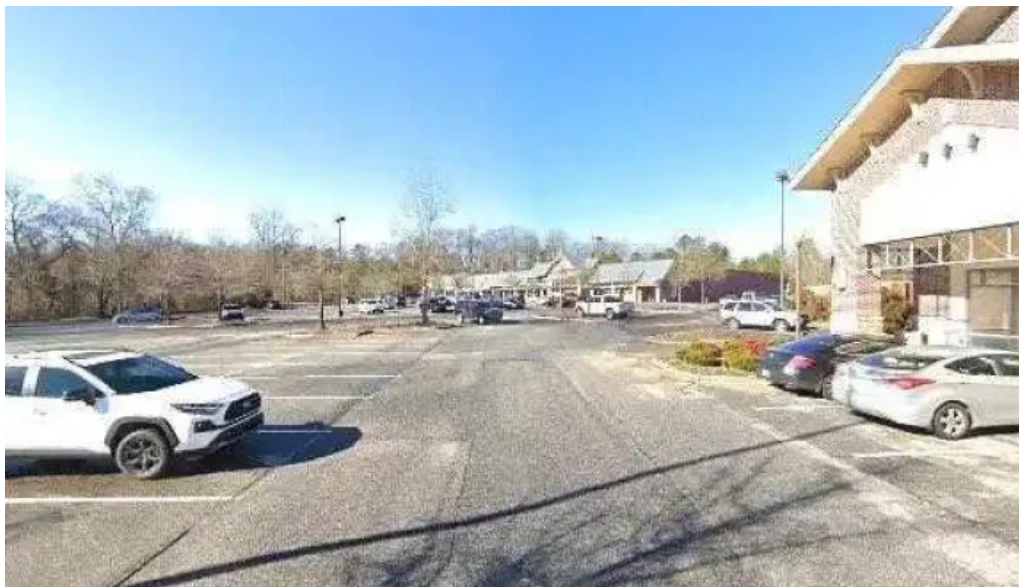
Images



The strength lab llc videos



The strength lab llc training



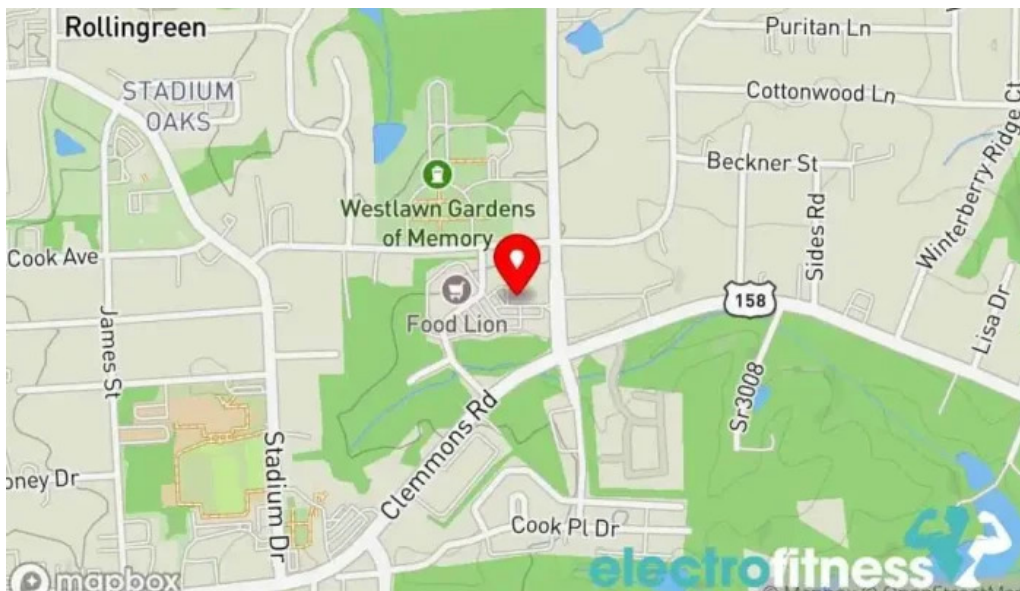
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The strength lab llc personal trainer



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The strength lab llc gym



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Tags

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

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karate club
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kinesiologist
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