

John Pangan Fitness - The Iron Sanctuary - Concord

concord

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John Pangan Fitness - The Iron Sanctuary - Concord

Discover John Pangan Fitness - The Iron Sanctuary in Concord, California

If you're looking for a personal trainer who truly understands your needs, look no further than ****John Pangan Fitness - The Iron Sanctuary****. Located in Concord, California, this fitness center offers exceptional training experiences tailored specifically to individual goals and abilities.

Accessibility Features

At John Pangan Fitness, accessibility is a top priority. The facility boasts a

****wheelchair-accessible entrance****, ensuring everyone can partake in their fitness journey without barriers. Additionally, the ****wheelchair-accessible car park**** and ****wheelchair-accessible toilet**** provide convenience for all clients.

Amenities That Enhance Your Experience

The gym is equipped with state-of-the-art amenities designed to support your fitness goals. From a range of equipment to assistive devices, John continuously seeks out new exercises and tools to serve individuals with varying mobility levels. Whether you're just starting your fitness journey or looking to elevate your regimen, the resources available at The Iron Sanctuary will help you succeed.

Personalized Training and Nutritional Guidance

One of the standout features of John Pangan is his decade of experience as a personal trainer. He customizes workouts based on your specific goals, making every session unique and effective. Moreover, John is also a certified nutritionist, a rare combination that allows him to provide comprehensive advice that addresses both exercise and dietary needs. Clients rave about how John's approach fosters significant transformations. As one satisfied client noted, "I have lost inches, I feel awesome, light, and look forward to my training sessions." His focus on personalized planning ensures that each trainee feels valued and understood.

Appointments Recommended for Optimal Results

To maximize your experience at John Pangan Fitness, it is advisable to schedule appointments in advance. This allows for focused, one-on-one training sessions where you can receive undivided attention from John himself. Clients have expressed how impressed they were with the thorough discussions during initial consultations, which center around personal fitness goals.

Join the Community

John's enthusiasm for fitness is contagious. He has built a community for serious-minded trainees who are committed to achieving their goals. As one client put it, "If you want to get results, training, and understanding, book him." The supportive environment at The Iron Sanctuary makes it easier for everyone to embark on their fitness journey.

Conclusion

In summary, John Pangan Fitness - The Iron Sanctuary is an exceptional choice for anyone seeking personal training in Concord, California. With impressive accessibility features, a commitment to personalized training, and comprehensive nutritional guidance, John is dedicated to helping you reach your fitness aspirations. Don't hesitate—invest in your health today!

Our establishment is located at

1501 Criquet Ct, 94518 Concord, California - United States (US)

The contact line of this **Personal trainer** is +1925-344-5098

And if you want to send a WhatsApp, you can do so at +1925-344-5098

We are open during the following hours:

Day Hours
Monday
5?AM-8?PM
Tuesday
5?AM-8?PM
Wednesday
5?AM-2?PM
Thursday
Closed
Friday
5?AM-8?PM
Saturday
5?AM-8?PM
Sunday
5?AM-8?PM

The website is John Pangan Fitness - The Iron Sanctuary

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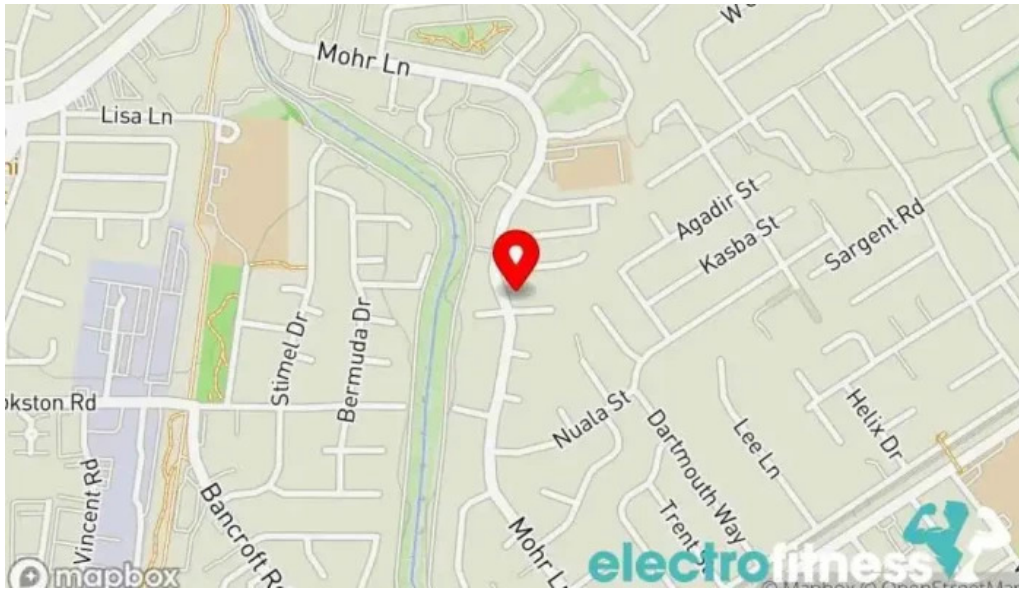
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John pangan fitness the iron sanctuary concord



John pangan fitness the iron sanctuary street view 360deg



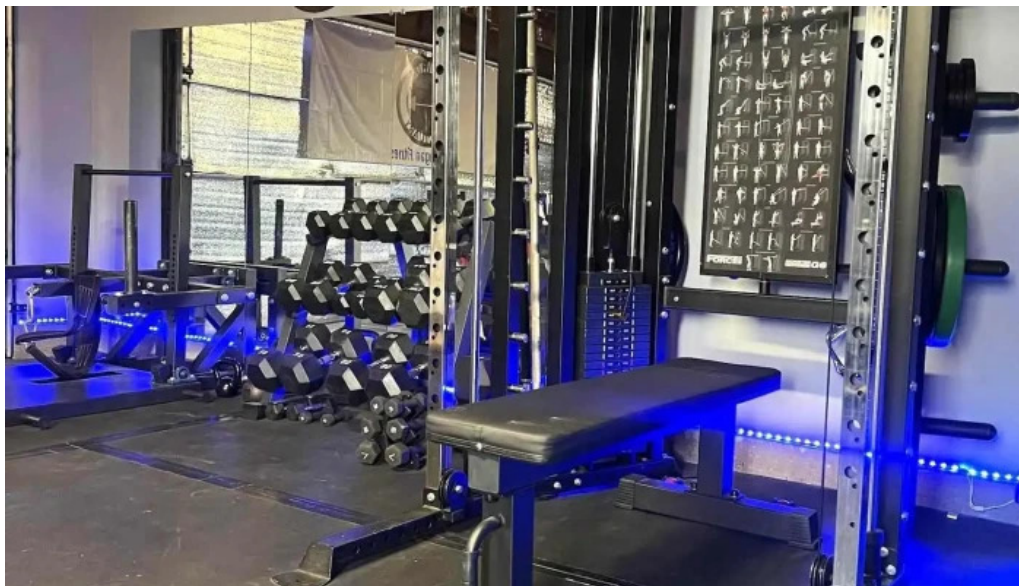
John pagan fitness the iron sanctuary map



John pagan fitness the iron sanctuary gym



John pangan fitness the iron sanctuary by owner



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Tags

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

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