

## Xo Fitness - De Pere

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de pere

## Xo Fitness - De Pere

### Discover XO Fitness: Your Personalized Training Experience in De Pere, Wisconsin

Located in the heart of De Pere, Wisconsin, **\*\*XO Fitness\*\*** offers a unique training experience that focuses on personalized fitness journeys. With a dedicated team led by the knowledgeable owners, Ryan and Karin, this gym provides a welcoming environment for everyone, from beginners to seasoned athletes.

### Training Options: Online Classes and On-site Services

XO Fitness understands the importance of flexibility in today's busy world. That's why they offer **\*\*online classes\*\*** along with their **\*\*on-site services\*\***. Whether you prefer to train from the comfort of your home or join a class at the gym, XO Fitness has got you covered.

### **Amenities for Everyone**

Accessibility is a key feature at XO Fitness. The facility includes a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that all members can enjoy a comfortable workout experience. Additionally, there is a **\*\*wheelchair-accessible toilet\*\*** available for convenience.

### **Training Environment: Focused on You**

The atmosphere at XO Fitness is often described as friendly and supportive. Many patrons commend the trainers for their ability to create personalized workout programs that cater to individual needs. One satisfied member noted, "Personal training just for my ability. I've increased my motion, no longer have back problems and feel better than I have in 10 years." This level of personal attention helps members achieve their fitness goals, be it strengthening muscles or enhancing athletic performance, like improving a golf swing.

### **Service Options and Planning**

When considering joining XO Fitness, it's important to note that **\*\*appointments are recommended\*\*** for personalized training sessions. This allows trainers to prepare tailored workouts that meet your specific needs. The gym's focus on **\*\*planning\*\*** ensures that your fitness journey is both effective and enjoyable.

### **The Perfect Fit for Everyone**

Whether you're looking for group fitness classes or one-on-one training, XO Fitness has something for everyone. Members rave about the variety of classes offered throughout the week, including the popular Barre class, which always brings a fresh twist to the routine. "Classes are small and are in no way intimidating," one member remarked, emphasizing the inclusive atmosphere fostered by the staff.

### **Join the XO Fitness Community**

XO Fitness is more than just a gym; it's a community where you can feel welcomed and supported in your fitness journey. As one member expressed, "At XO Fitness, you will be changed, from the inside out!" With a team that genuinely cares about your well-being, it's no wonder that so many people recommend this gym. In conclusion, if you're in De Pere, Wisconsin, and seeking a place that combines **\*\*personalized training\*\*** with **\*\*accessibility\*\*** and a supportive atmosphere, look no further than XO Fitness. With their commitment to helping you reach your fitness goals and their focus on creating

a positive experience, you're sure to find the perfect fitness solution here.

**Our address is**

115 N Wisconsin St, 54115 De Pere, Wisconsin - United States (US)

The phone number of the respective **Personal trainer** is +1920-339-0630

And if you want to send a WhatsApp, you can do so at +1920-339-0630

**We open at the following schedule:**

Day	Hours
Monday	6?AM–4:30?PM
Tuesday	Closed
Wednesday	Closed
Thursday	6?AM–6:30?PM
Friday	6?AM–6:30?PM
Saturday	6?AM–6:30?PM
Sunday	6?AM–6:30?PM

The website is XO Fitness

If you wish to update any information that you consider is not correct related to this site, we urge you to forward a message so that we will fix it as soon as possible. Thank you in advance thanks for your cooperation.

## Images



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*Xo fitness all*

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basketball court
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boxing ring
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dance company
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disability services and support organization
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fitness center
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foot care
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
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