

Zen Fitness - Gainesville

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Zen Fitness - Gainesville

Discover Zen Fitness: Your Ultimate Personal Trainer Experience in Gainesville, Florida

Zen Fitness stands out as a premier destination for personal training in Gainesville, Florida. With an emphasis on accessibility and tailored fitness programs, this facility ensures everyone can embark on their fitness journey with confidence and support.

Accessibility and Amenities for Everyone

When you arrive at Zen Fitness, you're greeted by a **wheelchair-accessible

car park** and a **wheelchair-accessible entrance**, making the journey into fitness smooth and inclusive. The gym prioritizes all clients' comfort, featuring a well-maintained **wheelchair-accessible toilet** and additional amenities designed to cater to various needs.

A Personal Approach to Training

At Zen Fitness, each personal trainer tailors workouts that challenge and inspire. Clients express satisfaction with trainers like **Tristan**, noting his ability to blend strength and stretch exercises that activate less-used muscles. **Carly and Kelvin**, two of the esteemed trainers, have transformed countless lives since 2015, guiding individuals to achieve personal milestones like pull-ups through customized programs that account for previous injuries. Client feedback highlights that appointments are not just recommended; they are essential for optimal progress. As one enthusiast noted, "You will never be just another number." This approach fosters a supportive community where trainers motivate each individual, regardless of their starting point.

The Transformational Impact of Zen Fitness

Zen Fitness isn't just about physical fitness; it's about holistic wellness. As many testimonials show, the commitment extends beyond workouts. Trainers offer nutritional advice alongside exercise guidance, making lifestyle changes manageable and effective. One client shared how they lost 35 pounds with help from Carly, stating, "I have more confidence, and my body feels better than ever." The atmosphere at Zen is often described as family-like, where everyone supports one another. As such, the sense of accountability cultivated within the community pushes clients to reach new heights in their fitness journeys.

Why You Should Choose Zen Fitness

With a strong focus on personalized service and accessibility, Zen Fitness is perfect for individuals seeking to enhance their physical health while feeling valued and understood. Whether you're recovering from an injury or pursuing specific fitness goals, the expert team here is dedicated to crafting a unique path for your success. In conclusion, if you're in Gainesville and looking to transform your fitness experience, Zen Fitness offers the perfect blend of expertise, community support, and accessible facilities. Don't wait to reclaim your health; plan your appointment today!

We are at

2721 SW 87th Dr, 32608 Gainesville, Florida - United States (US)

The phone of said **Personal trainer** is +1352-333-0936

And if you want to send a WhatsApp, you can do so at +1352-333-0936

You can visit us at the following hours:

Day Hours
Monday

7?AM–2?PM

Tuesday

7?AM–2?PM

Wednesday

5?AM–10?PM

Thursday

5?AM–10?PM

Friday

5?AM–10?PM

Saturday

5?AM–10?PM

Sunday

5?AM–4?PM

The website is [Zen Fitness](#)

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Images



Zen fitness training



Zen fitness street view 360deg



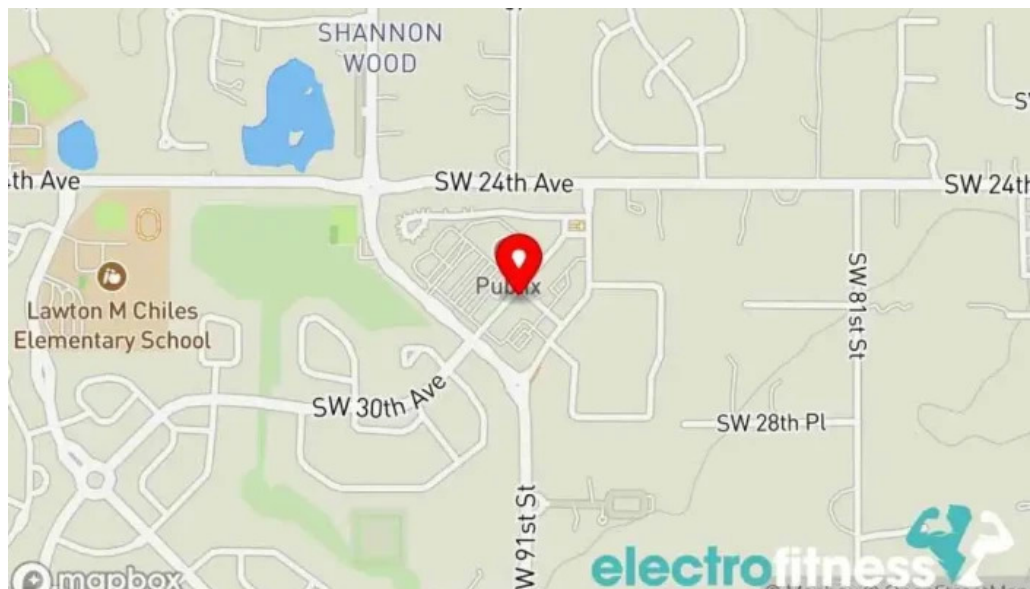
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Zen fitness personal trainer



Zen fitness number



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Tags

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

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rock climbing
rock climbing gym
rv park
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self defense school
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