


## Gillham Fitness - Lafayette

lafayette

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*lafayette*

## *Gillham Fitness - Lafayette*

### **Discover Gillham Fitness: Your Personalized Training Experience in Lafayette, California**

At Gillham Fitness, located in Lafayette, California, John provides an exceptional personal training experience tailored to meet the unique needs of each individual. With a diverse range of **\*\*service options\*\***, including **\*\*online classes\*\***, this fitness center is designed to accommodate various fitness levels and preferences.

### **Engaging Online Classes**

For those who prefer to work out from the comfort of their homes, Gillham Fitness offers **online classes** that have been a game changer for many clients. Participants rave about the fun and challenging nature of these sessions, led by John's positivity and enthusiasm. His creativity keeps every workout fresh and engaging, making it easier to stay motivated and committed to your fitness journey.

### **Personalized Training Approach**

John's training methods are highly personalized. He takes the time to understand each client's goals, whether it's gaining muscle, improving endurance, or enhancing flexibility. Clients have successfully achieved significant goals under his guidance, such as gaining muscle mass and reducing body fat. Appointments are **recommended** to ensure that every session is customized, catering to both individual and group settings.

### **Amenities and Accessibility**

Gillham Fitness is committed to accessibility for all. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can access their services comfortably. Additionally, the center includes essential amenities like a **toilet**, providing convenience for all clients.

### **Client Success Stories**

Satisfied clients have shared transformative experiences while training with John. Whether you're new to the gym or looking to refine your skills, his expertise helps instill confidence and improve overall health. Many clients have noted how John's training not only helped them achieve their initial fitness goals but also equipped them with the knowledge to maintain their progress independently.

### **The Community at Gillham Fitness**

One of the standout features of Gillham Fitness is the community atmosphere. Clients express that the workouts are not just about physical fitness; they also foster relationships and encourage a supportive environment. John's dedication to understanding each person's individual needs ensures that everyone feels valued and motivated.

### **Conclusion: Start Your Fitness Journey Today**

If you're looking for a personal trainer who tailors workouts to your specific goals while creating a fun and engaging atmosphere, Gillham Fitness is the perfect choice. With flexible scheduling, dynamic online classes, and a commitment to accessibility, John is here to guide you on your fitness journey. Don't hesitate to reach out and book your appointment today to experience the transformation firsthand!

**The address of our establishment is**

3413 Mount Diablo Blvd ste b, 94549 Lafayette, California - United States (US)

The contact phone of this **Personal trainer** is +1925-385-6683

And if you want to send a WhatsApp, you can do so at +1925-385-6683

**You can visit us at the following hours:**

Day Hours  
Monday  
5?AM–8:30?PM  
Tuesday  
5?AM–8:30?PM  
Wednesday  
7?AM–2?PM  
Thursday  
Closed  
Friday  
5?AM–8:30?PM  
Saturday  
5?AM–8:30?PM  
Sunday  
5?AM–8:30?PM

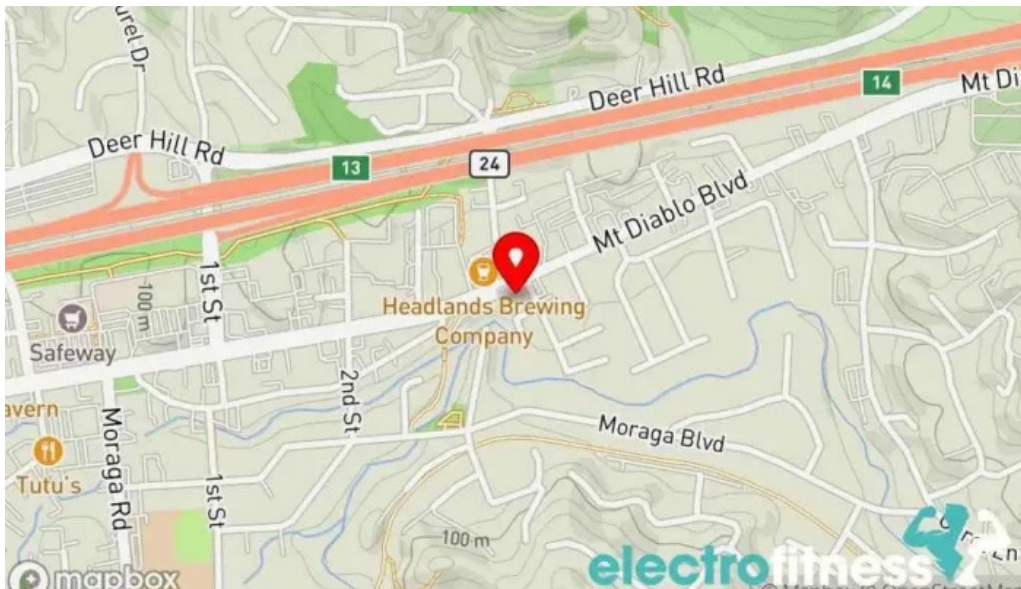
The website is Gillham Fitness

In case you want to modify any element that you feel is incorrect concerning this site, we kindly request send a message and we will handle it as soon as possible. Thank you in advance thanks for your cooperation.

**Images**



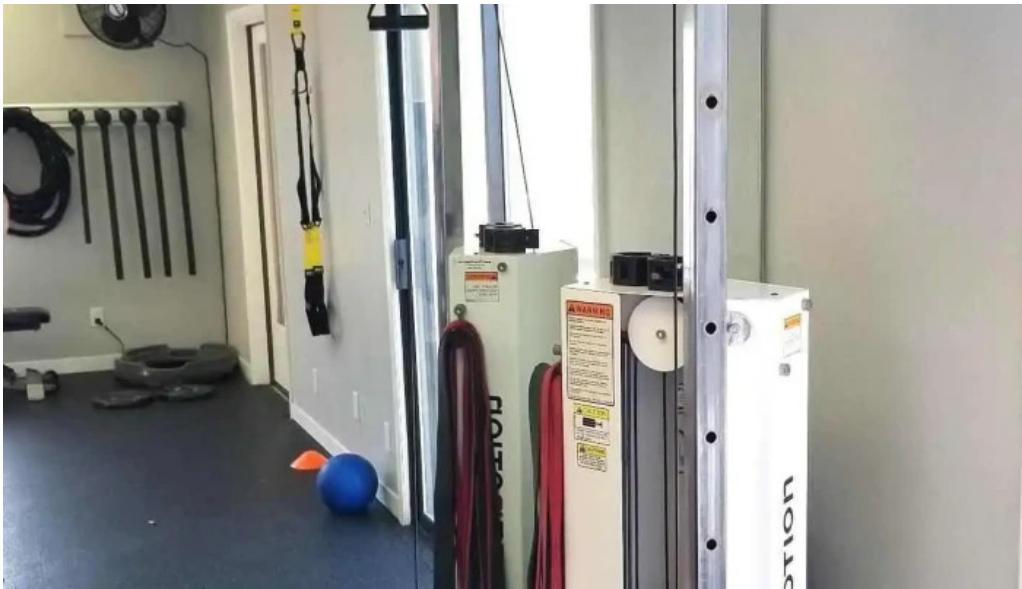
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*Gillham fitness gym*





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## Tags

*Toilet, Wheelchair-accessible entrance, Online classes, Service options, Accessibility, Planning, Wheelchair-accessible car park, Appointments recommended, Amenities*

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sports school
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