

123 Total Fitness - Milton

milton

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milton

123 Total Fitness - Milton

Discover 123 Total Fitness in Milton, Georgia: Your Personal Trainer Destination

At **123 Total Fitness**, we believe that personalized training is the key to achieving your fitness goals. Located in **Milton, Georgia**, our facility offers a wide range of services tailored to meet the unique needs of each client. With an emphasis on accessibility and convenience, we recommend scheduling **appointments** for the best experience.

Accessibility and Amenities

Our gym is designed with inclusivity in mind. We feature a **wheelchair-accessible entrance**, ensuring everyone can access our services. Additionally, our **wheelchair-accessible car park** and **wheelchair-accessible toilet** provide necessary accommodations for clients with mobility challenges. Your comfort and convenience are our priorities.

On-Site Services and Training Options

123 Total Fitness provides a variety of **on-site services** including **online classes** for those who prefer training from the comfort of their home. Our fitness programs cater to individuals seeking **service options** that align with their specific sports needs, whether it's strength training, agility improvement, or rehabilitation.

Building Skills and Confidence

According to our satisfied clients, our trainers have made a remarkable difference in their performance. As one parent shared, "The customized training sessions have made a noticeable impact on their performance," highlighting how our dedicated trainers, including Maddie and Max, tailor workouts to enhance strength, agility, and overall confidence.

Personalized Attention from Expert Trainers

Our expert trainers, including Rob, Nicolle, and Abbey, are committed to providing individualized attention. Clients often comment on the effectiveness of their training, stating things like, "Each workout is personalized to fit our needs." This level of customization ensures that every session is both challenging and engaging.

A Motivating Environment

The atmosphere at 123 Total Fitness is described as positive and encouraging. Many have expressed gratitude for finding a gym where "the staff is incredibly knowledgeable and fun to be around." This motivating environment fosters a sense of community among athletes, making every visit enjoyable and productive.

Conclusion

Whether you're an aspiring athlete or someone looking to improve their overall fitness, **123 Total Fitness** in Milton, Georgia, offers the perfect blend of

personalized training, accessibility, and a supportive community. Schedule your appointment today and experience the benefits of working with our exceptional team!

Our business is at

12874 GA-9, 30004 Milton, Georgia - United States (US)

The contact line of the respective **Personal trainer** is +1678-507-8706

And if you want to send a WhatsApp, you can do so at +1678-507-8706

We look forward to seeing you at:

Day	Hours
Monday	7?AM–5?PM
Tuesday	7?AM–5?PM
Wednesday	6?AM–9?PM
Thursday	6?AM–9?PM
Friday	6?AM–9?PM
Saturday	6?AM–9?PM
Sunday	6?AM–9?PM

The website is 123 Total Fitness

If you require to change any data that you believe is incorrect about this portal, we kindly request deliver a message so that we will fix it as soon as possible. Thanks beforehand we appreciate it.

Images



123 total fitness videos



123 total fitness training



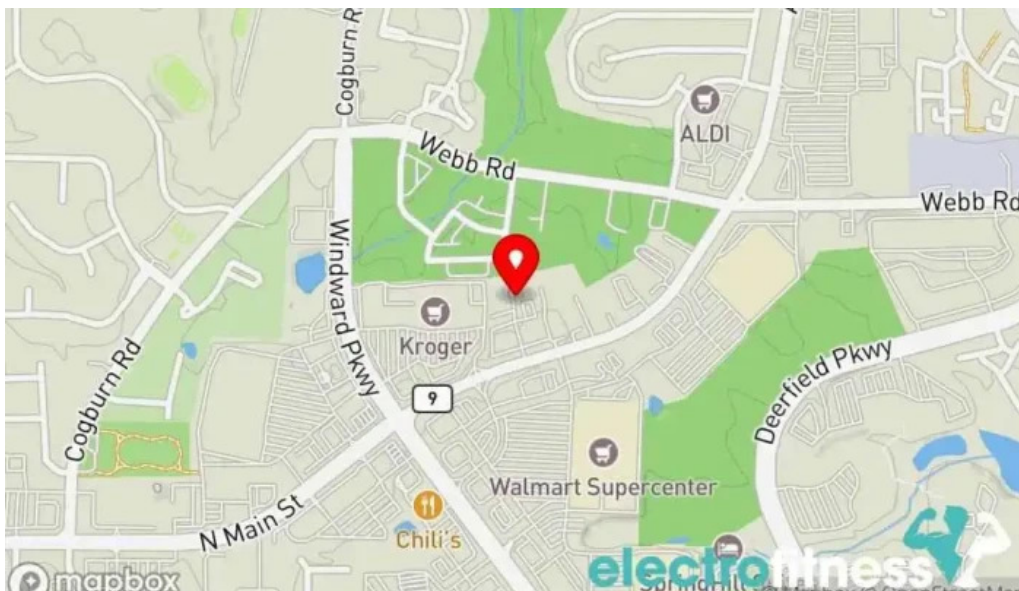
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Tags

Wheelchair-accessible toilet, Online classes, Wheelchair-accessible car park, Language assistance, Service options, Planning, Accessibility, On-site services, Toilet, Appointments recommended, Appointment required, Wheelchair-accessible entrance, Amenities

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boxing gym
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dance company
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kickboxing school
kinesiologist
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martial arts club
martial arts school
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massage therapist
medical group
medical spa
meditation center
metaphysical supply store
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nutritionist
outdoor sports store
outdoor swimming pool
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parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
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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
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
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sports complex
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