

## LiteWeights Fitness - New Bedford

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## *LiteWeights Fitness - New Bedford*

### **Discover LiteWeights Fitness: A Premier Personal Training Experience in New Bedford, Massachusetts**

Nestled in the heart of New Bedford, **LiteWeights Fitness** offers a unique personal training experience that has transformed the lives of many clients. With over a decade of dedicated service, trainers **Rontell** and **Cyndi** have built a welcoming community that caters to all fitness levels, making it an ideal choice for those looking to achieve their personal goals.

## Accessibility and Amenities

One of the standout features of LiteWeights Fitness is its commitment to accessibility. The facility includes a **wheelchair-accessible toilet** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy the benefits of fitness, regardless of mobility challenges. This focus on **accessibility** reinforces their reputation as a community-centric gym that prioritizes the needs of all its clients.

## A Family-Oriented Environment

LiteWeights isn't just a gym; it's a family affair. Many clients, like one long-time member, share their experience training alongside parents and children in a warm, inviting atmosphere. As one client puts it, "My almost 88-year-old father also trains with them twice a week, and has been for 10 years." This multi-generational approach showcases LiteWeights' ability to cater to various age groups, making it a great choice for families.

## Personalized Training Programs

The trainers at LiteWeights are known for their personalized approach to fitness. They offer diverse workouts tailored to individual needs, ensuring every session is both challenging and rewarding. Clients have reported significant improvements in their strength, endurance, and overall health, often noting how trainers like Caleb push them just the right amount to exceed their limits. One parent emphasized, "Rontell was amazing at motivating him and always knew exactly how hard to push him."

## Motivating Community Vibe

Clients consistently praise the motivating and upbeat vibe at LiteWeights Fitness. With trainers who genuinely care about their clients' progress, members leave feeling accomplished and eager for their next session. "I never leave without a few good laughs," shared a regular, highlighting the joyful atmosphere that makes coming to the gym a delight.

## Transform Your Fitness Journey

If you're searching for a supportive, knowledgeable, and accessible personal training experience, look no further than **LiteWeights Fitness**. With excellent facilities, dedicated trainers, and a community that feels like home, you're sure to find a workout regimen that suits your lifestyle. As one satisfied client put it, "I

would recommend LiteWeights to anyone looking for personal trainers.”  
Join the many who have embraced their fitness journey at LiteWeights Fitness and discover how this unique facility can help you reach your goals.

**You can find us in**

128 Union St Suite LL2, 02740 New Bedford, Massachusetts - United States (US)

The contact phone of said **Personal trainer** is +1508-858-5878  
And if you want to send a WhatsApp, you can do so at +1508-858-5878

**We open at the following schedule:**

Day	Hours
Monday	6?AM–12?PM
Tuesday	Closed
Wednesday	Closed
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is LiteWeights Fitness

If you require to adjust any detail that you feel is incorrect regarding this page, we kindly request send us a message so we can we will handle it at the earliest convenience. With anticipation we appreciate it.

**Images**





*Liteweights fitness personal trainer*



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## Tags

*Accessibility, Wheelchair-accessible toilet, Wheelchair-accessible car park, Amenities, Toilet*

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