

Fast Performance Training - Phoenix

phoenix

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Fast Performance Training - Phoenix

Welcome to FAST Performance Training in Phoenix, Arizona

At **FAST Performance Training**, we pride ourselves on creating an inclusive and accessible fitness environment for everyone. Nestled in the heart of Phoenix, our facility is designed to cater to a diverse community with varying needs.

Accessibility Features

Our gym includes **wheelchair-accessible seating**, a **wheelchair-accessible entrance**, and a **wheelchair-accessible car park**, ensuring that all members can comfortably access our services. We understand the importance of **accessibility** in fitness, and we strive to accommodate everyone.

Outdoor Services and Online Classes

To enhance your training experience, we offer **outdoor services** and **online classes**. This flexibility allows you to choose the training environment that suits you best, whether you prefer the fresh air outside or the convenience of working out from home.

An Inclusive and Safe Space

FAST Performance Training is proud to be a **transgender safe space** and **LGBTQ+ friendly** environment. Our talented trainers focus on providing personalized care while respecting the identities and needs of each client. We ensure that everyone feels welcomed and supported at our facility.

A Fun and Welcoming Community

Our clients rave about the vibrant atmosphere at FAST! Many describe it as a second home where friendships flourish. The trainers at FAST, including Kyle, Jeff, and Johnny, have created a fun and engaging environment that encourages members to commit to their health. As one happy member stated, "It's such a fun and welcoming place; we try to never miss our days each week!"

Diverse Service Options and Amenities

FAST offers various **service options**, including tailored workouts and group classes. With a focus on individual goals, our trainers ensure that every session is meaningful and effective. Our **amenities** include clean facilities and **toilets**, contributing to a comfortable workout experience.

Commitment to Safety and Health

We prioritize safety by emphasizing proper techniques to avoid injuries. Our past clients have shared positive experiences, noting that they receive expert coaching without the risk of injury. As one member puts it, "The positivity, expertise, and quality of care for you as an individual is the real hidden gem."

Making Appointments

To provide focused attention, **appointments are required** for personal training

sessions. While walk-ins may be accommodated, **appointments are recommended** to ensure that you receive the best possible service and training experience.

Conclusion

If you're looking for a comprehensive fitness experience in Phoenix, look no further than FAST Performance Training. Our dedicated trainers, welcoming atmosphere, and outstanding accessibility features make us the ideal choice for anyone seeking to enhance their health and fitness. Join our community today and take the first step towards achieving your fitness goals!

We are positioned at

15410 S Mountain Pkwy UNIT 112, 85044 Phoenix, Arizona - United States (US)

The phone number of the mentioned **Personal trainer** is +1480-704-8700

And if you want to send a WhatsApp, you can do so at +1480-704-8700

We look forward to seeing you at:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–8?PM
Thursday	6?AM–12?PM
Friday	Closed
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

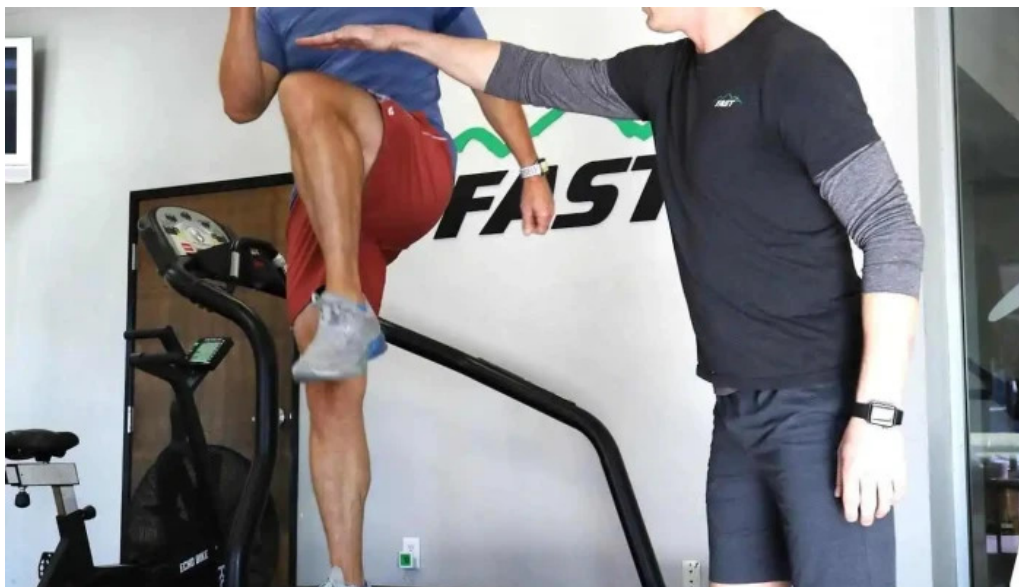
The website is FAST Performance Training

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Images



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Fast performance training training



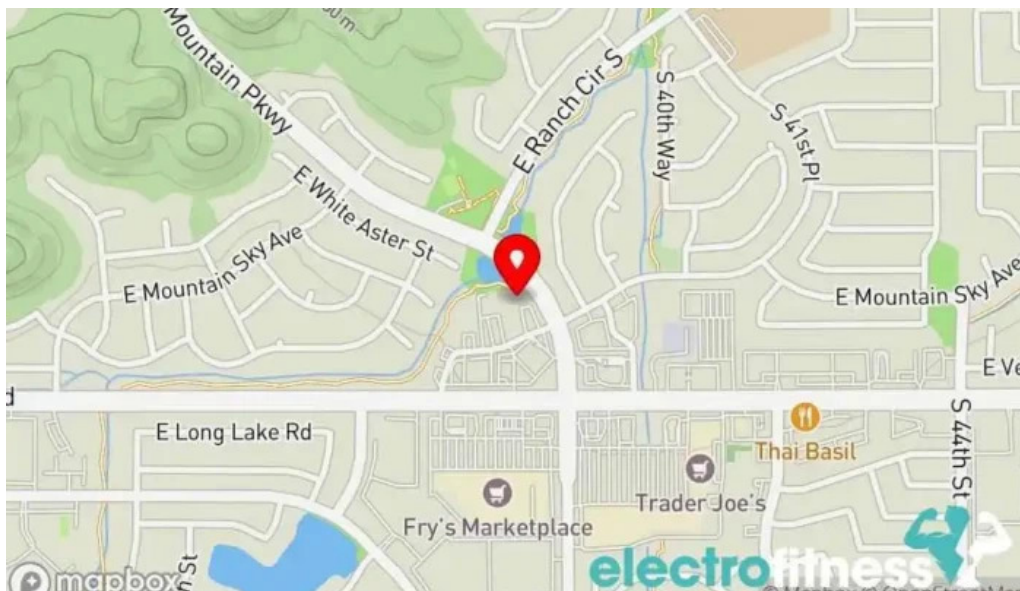
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Tags

Crowd, On-site services, Planning, Online classes, Toilet, Wheelchair-accessible seating, Wheelchair-accessible entrance, Accessibility, LGBTQ+ friendly, Outdoor services, Wheelchair-accessible car park, Appointment required, Service options, Amenities, Appointments recommended, Transgender safe space

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