

Live Good Fitness - Pleasant Hill

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Live Good Fitness - Pleasant Hill

Experience Top-Notch Personal Training at Live Good Fitness in Pleasant Hill, California

If you're looking for a personal trainer with proven expertise and a dedication to helping clients achieve their fitness goals, ****Live Good Fitness**** in Pleasant Hill is the place to be. Under the guidance of Mac, clients have experienced remarkable transformations, focusing on weight loss, strength building, and improved endurance.

Amenities That Enhance Your Workout Experience

At Live Good Fitness, the range of **amenities** available ensures that every client has a convenient and effective workout experience. Whether you're a seasoned athlete or just starting out, this gym is equipped with everything you need to reach your fitness potential.

Accessibility for Everyone

Live Good Fitness prioritizes **accessibility**, making it a welcoming environment for all individuals. The facility features a **wheelchair-accessible entrance**, ensuring that everyone can easily access the gym. Additionally, there are **wheelchair-accessible toilets** and a **wheelchair-accessible car park**, further promoting inclusivity.

Success Stories from Clients

Mac's personalized approach to training makes him stand out among personal trainers. One client shared, "I've been working with Mac on and off over the past 8 years. He's helped deliver the desired results I was looking for, which were weight loss, better endurance, and more strength." This highlights Mac's ability to listen to his clients' needs and construct tailored plans to achieve their fitness aspirations. Another satisfied client noted, "I saw improvements in my body shape, balance, and strength within weeks." This showcases how effective Mac's training methods are, as he continuously challenges clients to improve their form and strength.

Training for All Ages

Mac has demonstrated that age is just a number. A 75-year-old client remarked, "He has taken this 75 year old woman and made me strong again. Not only that but lifting and exercising has become fun." This reflects how Mac's engaging training style encourages clients of all ages to enjoy their fitness journey.

Join the Live Good Fitness Community

Live Good Fitness offers a supportive and professional environment where you can achieve your fitness goals. With Mac's tailored plans and focus on accessibility, there has never been a better time to invest in your health. Don't hesitate to reach out and begin your transformation today!

The address of our establishment is

2261 Morello Ave, 94523 Pleasant Hill, California - United States (US)

The contact phone of said **Personal trainer** is +1925-435-1856

And if you want to send a WhatsApp, you can do so at +1925-435-1856

We are open during the following hours:

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

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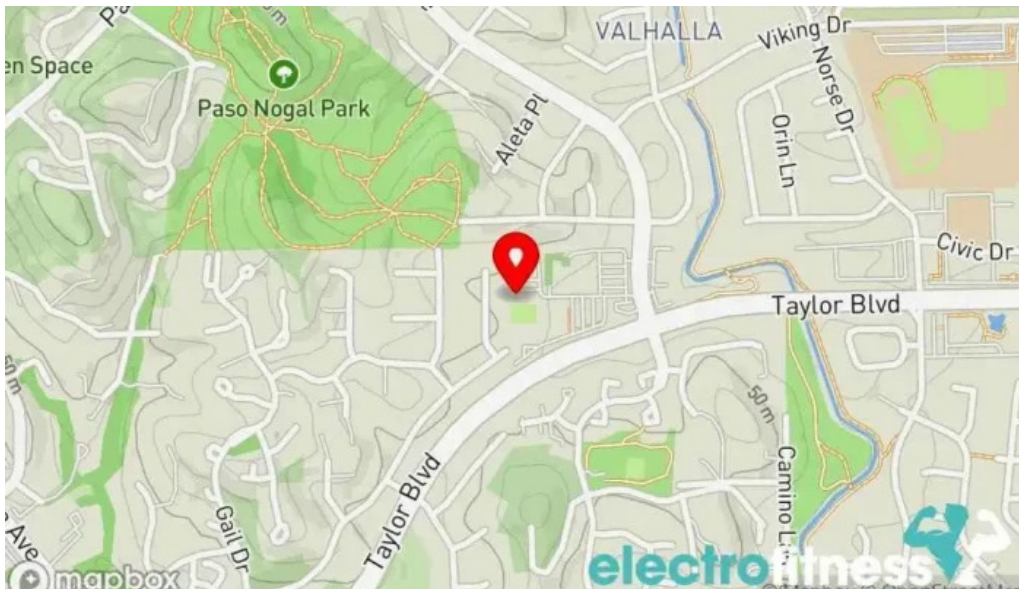
Images



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Live good fitness pleasant hill



Live good fitness map



Live good fitness all

Tags

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

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