

## The Exercise Coach South Reno - Reno

reno

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## *The Exercise Coach South Reno - Reno*

### **The Exercise Coach South Reno: Personalized Training for Every Individual**

Located in the heart of Reno, Nevada, **The Exercise Coach South Reno** offers a unique and inclusive approach to fitness that caters to individuals of all ages and abilities. Whether you are young or simply young at heart, this facility ensures that everyone can participate and thrive in their health journey.

## Amenities That Make a Difference

At The Exercise Coach, clients can enjoy a variety of **amenities** designed to enhance their experience. Notably, the facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it convenient for everyone. For added comfort, there is a **wheelchair-accessible toilet** available on-site. These thoughtful designs reflect the commitment to **accessibility** and inclusivity, ensuring that no one is left behind.

## Effective Planning for Personalized Training

One of the standout aspects of The Exercise Coach is its personalized training approach. With **appointments recommended**, clients benefit from tailored sessions that focus on their individual needs and goals. The one-on-one training sessions have received rave reviews, as seen in testimonials from satisfied clients who have transformed their lives through this innovative program.

## Client Success Stories

Many clients have reported remarkable progress after joining The Exercise Coach. A 74-year-old client shared, "I've lost 50 pounds, greatly improved my strength, see muscle definition, and have improved my balance." Another client, age 68, praised the technology and coaching, highlighting how the workouts specifically target various muscle groups and ensure a balanced workout experience.

Furthermore, clients often mention the supportive atmosphere fostered by the coaches. A 73-year-old man noted, "The personal trainers (coaches) are all great. They encourage me to finish strong, and consistent personal bests are gratifying." Such testimonials underline the positive encouragement that clients receive, encouraging them to push their limits.

## Short Yet Effective Workouts

The Exercise Coach prides itself on the effectiveness of its **20-minute workouts**, conducted twice a week. Many clients early on doubted the efficacy of such short sessions but soon found themselves amazed by the results. "What an amazing place! You may doubt the 20 min. twice a week philosophy, but this program truly works," expressed another satisfied client.

## A Clean and Inviting Environment

In addition to its impressive training programs, The Exercise Coach maintains a clean and welcoming studio. Clients consistently remark on the cleanliness and

organization of the facility, which plays a crucial role in creating a comfortable workout environment.

## **Join the Community at The Exercise Coach South Reno**

If you're considering starting your fitness journey or looking to get back on track, **The Exercise Coach South Reno** offers a supportive and effective solution. With tailored programs designed for everyone, coupled with accessibility features and a community-oriented approach, it's a perfect choice for those seeking positive change in their lives. Remember, it's never too late to start—take the first step towards a healthier you today!

### **You can find us in**

800 S Meadows Pkwy #700, 89521 Reno, Nevada - United States (US)

The contact line of the respective **Personal trainer** is +1775-446-4281  
And if you want to send a WhatsApp, you can do so at +1775-446-4281

## **We open at the following schedule:**

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	7?AM–1?PM
Sunday	Closed

The website is [The Exercise Coach South Reno](#)

In case you want to modify any element that you feel is not correct concerning this site, please send a message and we will adjust it as soon as possible. Thank you in advance thanks for your cooperation.

## Images



*The exercise coach south reno training*

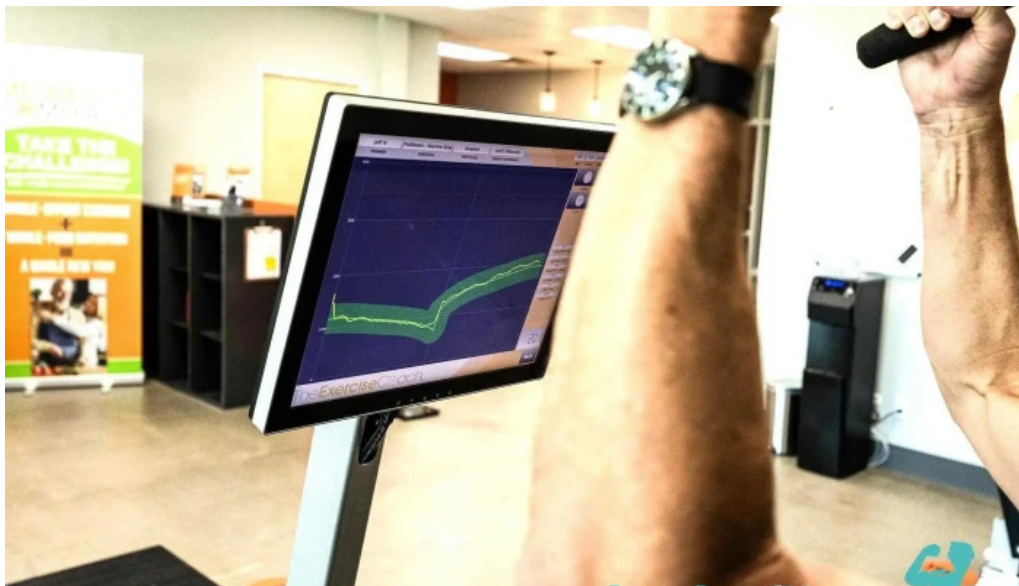


*The exercise coach south reno street view 360deg*





*The exercise coach south reno reno*



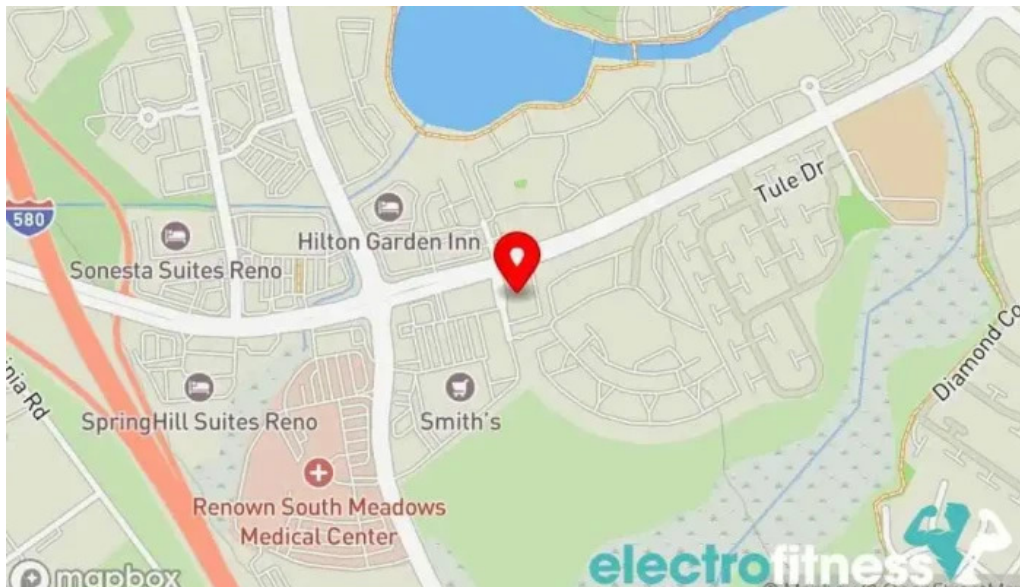
*The exercise coach south reno physical fitness*



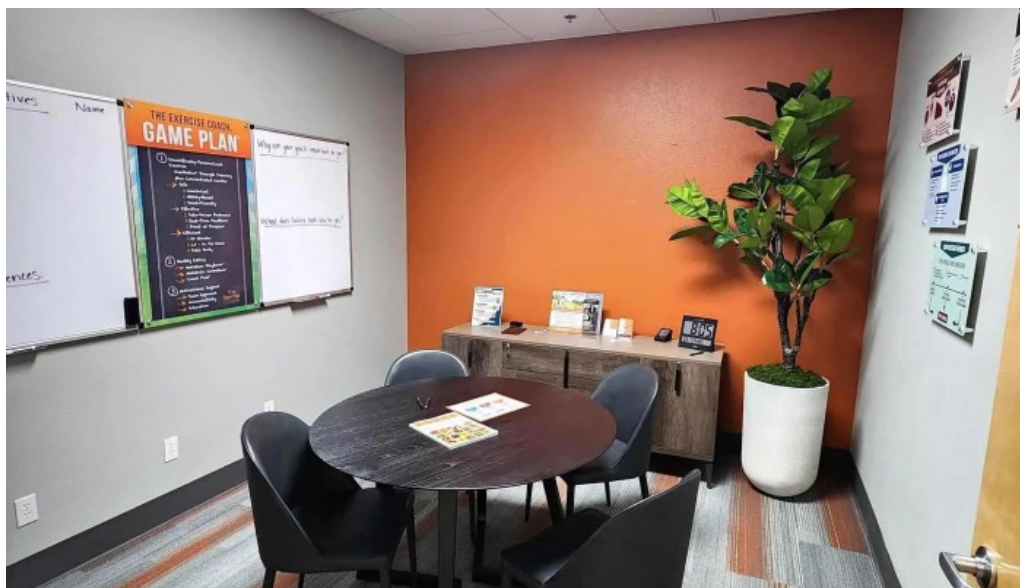
*The exercise coach south reno phone*



*The exercise coach south reno personal trainer*

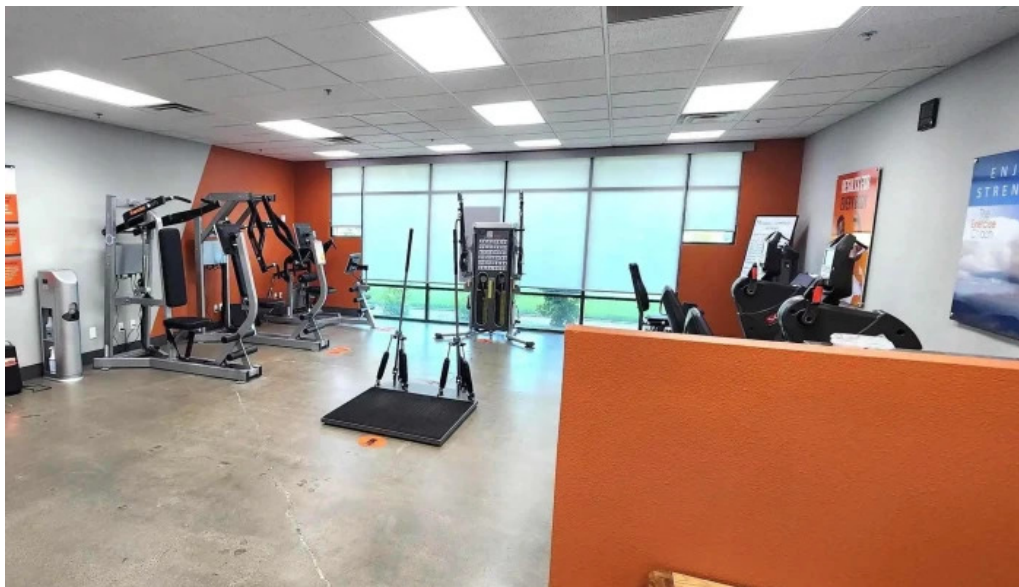


*The exercise coach south reno map*

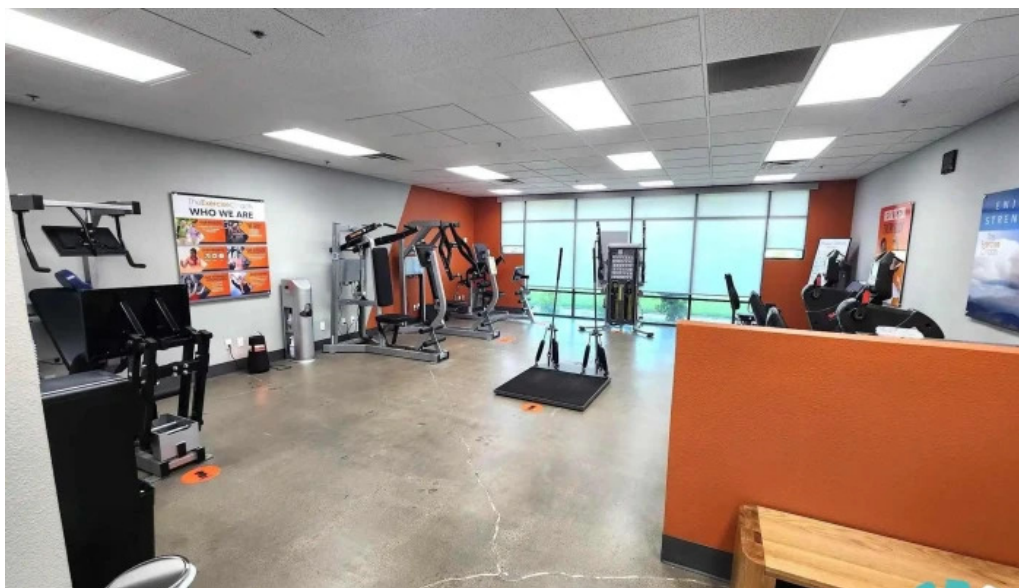


*The exercise coach south reno instagram*



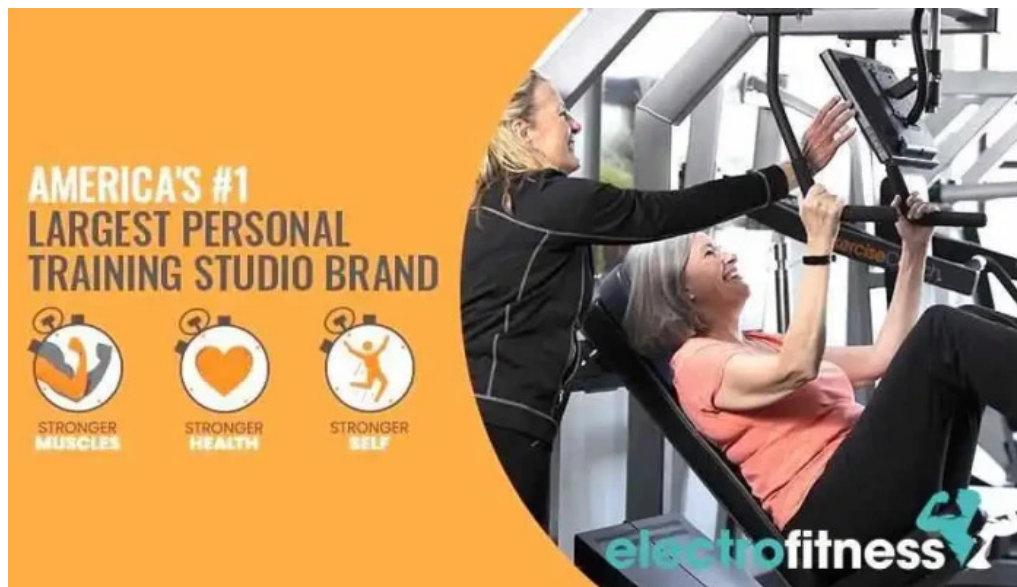


*The exercise coach south reno how to get there*

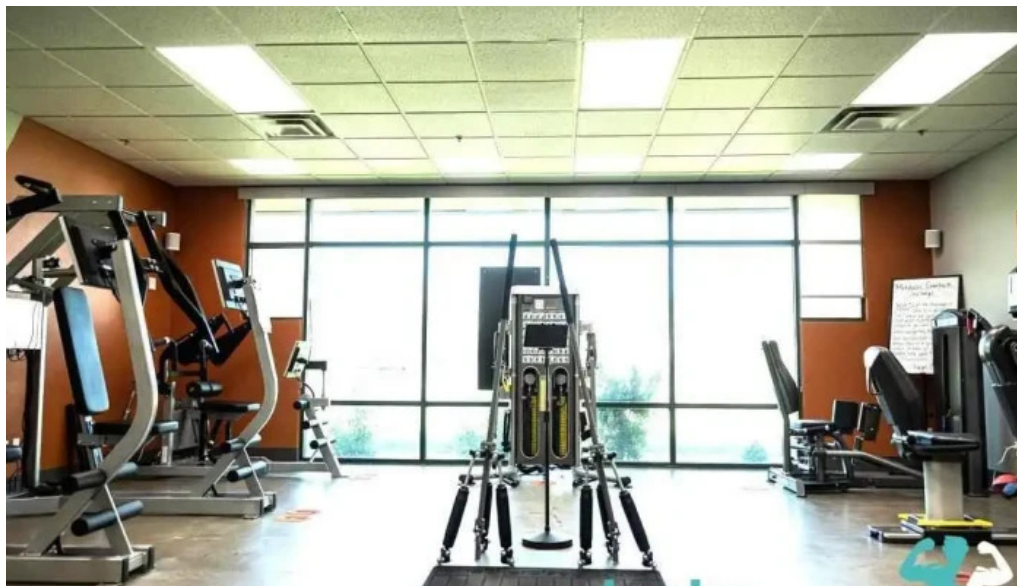


*The exercise coach south reno gym*





*The exercise coach south reno by owner*



*The exercise coach south reno all*

## Tags

*Wheelchair-accessible toilet, Wheelchair-accessible car park, Wheelchair-accessible entrance, Toilet, Planning, Accessibility, Amenities, Appointments recommended*

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<b>5.0 *</b>	<i>Smart Exercise - Concord</i>
<b>5.0 *</b>	<i>Quantum Exercise - Sylmar</i>
<b>5.0 *</b>	<i>Total Health and Exercise - Centennial</i>
<b>5.0 *</b>	<i>VinceFit Exercise &amp; Nutrition - Orlando</i>
<b>4.0 *</b>	<i>Fitness Studio - Fort Wayne</i>

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academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
cafe
children's party service
chiropractor
church
club
coffee shop

college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel



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jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
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parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
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
sports club
sports complex
sports massage therapist
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sports school
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