

Xen Wellness - San Antonio

san antonio



I'm not a robot



Published on: 06/05/25	Hits: 120
Comments: 0	See comments
Votes: 12	Score: 5

https://www.electrofitness.com/personal-trainer/san-antonio/xen-wellness-san-antonio_275073.php



san antonio

Xen Wellness - San Antonio

Discover Xen Wellness: Your Premier Personal Trainer in San Antonio, TX

At ****Xen Wellness****, located in the vibrant city of San Antonio, TX, individuals of all fitness levels find a sanctuary for personal training. The facility is designed to provide an exceptional experience with a variety of ****amenities**** that cater to your fitness journey.

Accessibility at Xen Wellness

One of the standout features of Xen Wellness is its commitment to ****accessibility****. The gym includes a ****wheelchair-accessible entrance****,

ensuring that everyone can enter and enjoy the facility without any barriers. Additionally, a ****wheelchair-accessible toilet**** is available, allowing for a comfortable experience for all clients. For convenience, there is also a ****wheelchair-accessible car park****, making it easy for those with mobility challenges to visit the gym.

A Life-Changing Experience with Jason

Training at Xen Wellness is not just about physical fitness; it's about holistic improvement. Clients have shared transformative experiences with Jason, the expert trainer known for his compassionate approach. "Training with Jason has been a life-changing experience," one client noted, emphasizing not just physical benefits but emotional and spiritual growth as well. His ability to communicate complex fitness principles in simple terms, while providing wisdom and encouragement, makes every individual feel valued.

A Diverse Training Environment

Xen Wellness fosters a unique atmosphere where both experienced athletes and those new to fitness can thrive. With clients stating that "Jason has the amazing ability to train people at ALL fitness levels," it's clear that everyone is welcome. The environment is described as ****private**** and ****zen-like****, featuring a calm space conducive to learning and growth.

Fun and Varied Workouts

One of the highlights of training with Jason is the engaging and enjoyable workout sessions. Clients consistently mention that workouts are "varied and fun... never boring!" This dynamic approach keeps clients motivated and excited about their fitness journey. From kickboxing to strength training, every session is tailored to challenge while ensuring a good time.

Support Beyond Training

Understanding the importance of recovery, Xen Wellness offers massage therapy on the same property. Clients can easily book a session with Jason's wife, Tracy, to help alleviate soreness or injuries - emphasizing the holistic care provided at this facility.

Client Testimonials

Many have walked away from their training sessions feeling empowered and stronger. Clients rave about Jason's attention to detail, saying, "I leave Echols Fitness feeling empowered and stronger! Jason pays attention to the details of my technique." Such dedication ensures that every individual leaves with a clear mind and the desire to return.

Final Thoughts

With a focus on accessibility, personal growth, and a supportive environment,

Xen Wellness stands out as a top choice for personal training in San Antonio, TX. Whether you are a beginner looking to start your fitness journey or an expert seeking to enhance your skills, Jason and the team at Xen Wellness are ready to guide you every step of the way. Experience the difference today!

You can reach us at

E Sunset &, Broadway, 78209 San Antonio, TX - United States (US)

The contact phone of the respective **Personal trainer** is +1210-307-5069

And if you want to send a WhatsApp, you can do so at +1210-307-5069

Our opening hours are:

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–7?PM
Wednesday	6?AM–7?PM
Thursday	8?AM–2?PM
Friday	Closed
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is Xen Wellness

If necessary to change any information that you think is incorrect about this site, we kindly request send us a message so we can we will adjust it quickly. Thanks beforehand thanks for your cooperation.

Images



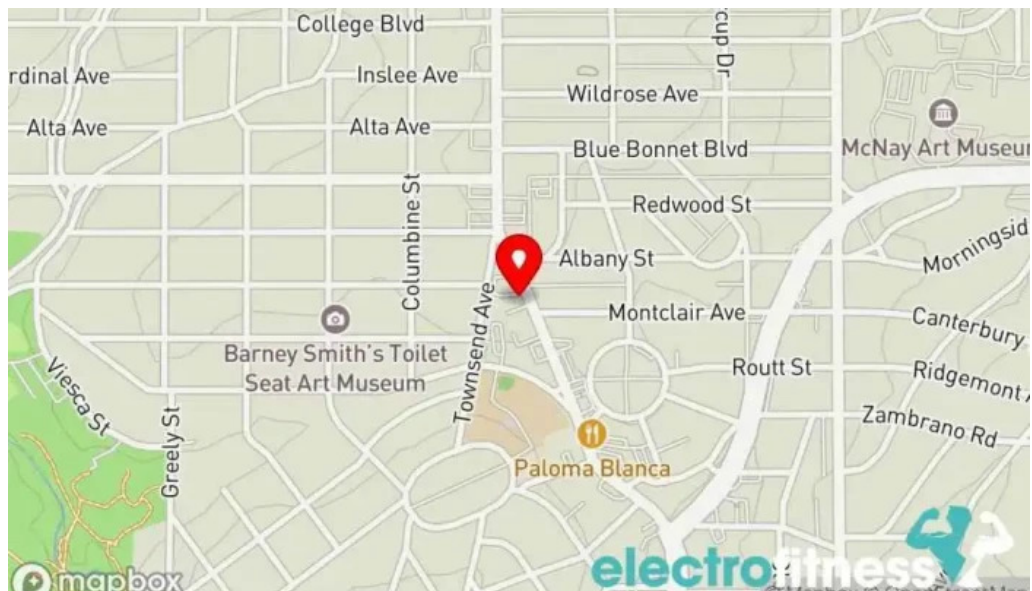
Xen wellness street view 360deg



Xen wellness san antonio



Xen wellness physical fitness



Xen wellness map



Xen wellness by owner



Xen wellness all

Tags

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

Related content

4.8 * *Anytime Fitness - San Leandro*

3.6 * *24 Hour Fitness - San Leandro*

4.7 * *YogaSource San Mateo - Santa Fe*

5.0 * *The Kennel Boxing Gym - San Leandro*

5.0 *	<i>Studio 44 Fitness - San Fernando</i>
5.0 *	<i>LiveFit Wellness Suites - Littleton</i>
5.0 *	<i>Neurologic Optimal Wellness - Agawam</i>
4.9 *	<i>Rejuvenate Wellness Center - Kirksville</i>
4.5 *	<i>University of North Dakota : Wellness Center - Grand Forks</i>
4.5 *	<i>Ecu Health Wellness Center - Ahoskie - Ahoskie</i>

Categories

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

country club
coworking space
cultural center
dance company
dance school
day spa
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
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club

martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist

sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization