

## Elite Spartans Gym - San Jose

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## Elite Spartans Gym - San Jose

### Welcome to Elite Spartans Gym: Your LGBTQ+ Friendly Fitness Hub in San Jose, CA

Located in the heart of San Jose, California, **Elite Spartans Gym** is the ultimate fitness destination for anyone looking to enhance their wellness journey.

Specializing in personal training and group classes, this gym prides itself on being **LGBTQ+ friendly**, ensuring a welcoming environment for all.

### Accessibility and Amenities

At Elite Spartans, accessibility is a top priority. The gym features a **wheelchair-accessible entrance**, **wheelchair-accessible car park**, and **wheelchair-accessible toilets**. Additionally, the facility includes **gender-neutral toilets**, making it suitable for everyone. This commitment to accessibility ensures that all members can engage in their fitness journeys without barriers.

## **Flexible Training Options**

Whether you're a novice or an experienced athlete, Elite Spartans offers a variety of **service options** to cater to different skill levels. With both **online classes** and in-person training available, you can participate at your convenience. For those looking for personalized attention, appointments with trainers are recommended. The team is known for adapting workouts to individual needs, ensuring everyone can strive for improvement in a supportive setting.

## **Community and Support**

One of the standout features of Elite Spartans is its strong sense of community. Reviews highlight how trainers like Victoria, Knight, and Andy actively engage with clients, pushing them to reach their goals while adapting to their fitness levels. It's this personalized attention that makes members feel valued and motivated. As one reviewer beautifully articulated, "Elite Spartans has really made high-intensity workouts more accessible to the masses."

## **Innovative Workouts and On-Site Services**

The gym offers a range of exciting classes, including boot camps, weightlifting, and conditioning sessions. The dynamic atmosphere is enhanced by a dedicated team that continuously changes workout routines, helping prevent monotony. Members appreciate the variety in exercises, which keeps them engaged and challenges them physically.

## **Planning for Success**

Elite Spartans not only focuses on physical fitness but also emphasizes planning for success. The team encourages members to set realistic goals and provides consistent follow-ups to ensure accountability. As stated by many clients, this encouragement transforms the fitness journey into a rewarding experience.

## **Join the Family at Elite Spartans Gym**

As a **veteran-owned business**, Elite Spartans takes pride in its inclusive environment and commitment to excellence. Visit today and discover how this gym supports its members through every challenge on their fitness journey. Don't miss out on the chance to improve your health and well-being in a place that feels like family!

**The premises are located at**

3278 Almaden Expy Suite 150, 95118 San Jose, California - United States (US)

The phone number of said **Personal trainer** is +1408-624-7479

And if you want to send a WhatsApp, you can do so at +1408-624-7479

**We look forward to seeing you at:**

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	7?AM–12?PM
Thursday	8–11?AM
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

The website is Elite Spartans Gym

In case you want to change any information that you feel is not precise related to this site, we urge you to deliver a message so that we will correct it at the earliest convenience. Thanks beforehand thanks.

## Images



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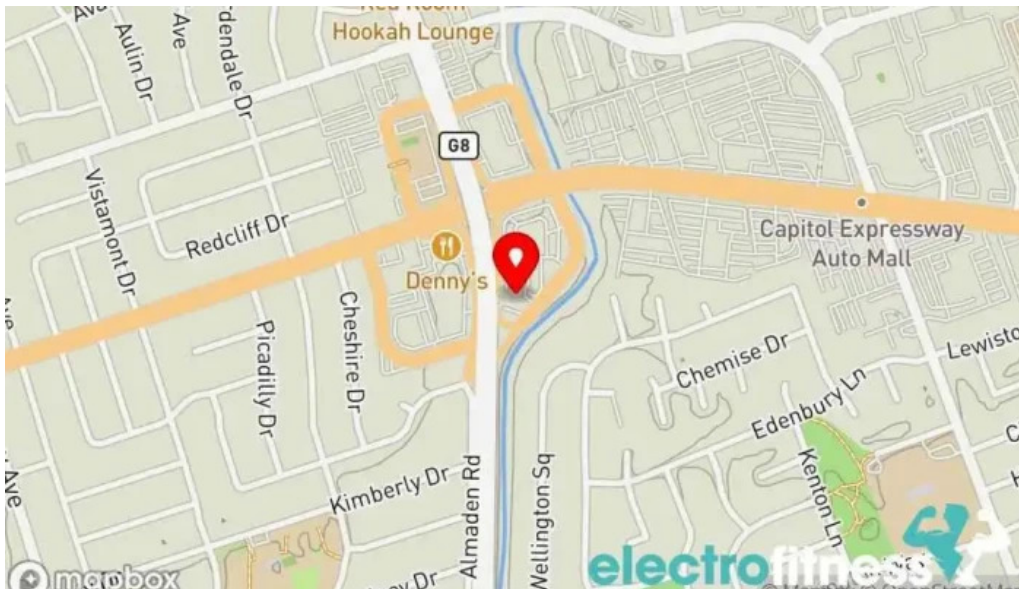
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## Tags

*From the business, Gender-neutral toilets, Appointments recommended, Service options, Wheelchair-accessible toilet, Wheelchair-accessible entrance, LGBTQ+ friendly, Wheelchair-accessible car park, On-site services, Identifies as veteran-owned, Appointment required, Online classes, Planning, Toilet, Crowd, Accessibility, Amenities*

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gun club
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gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling



indoor golf course
indoor lodging
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
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martial arts school
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massage therapist
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medical group
medical spa
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metaphysical supply store
muay thai boxing gym
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nutritionist
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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
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