

Lifted Movements - San Jose

san jose

☐ I'm not a robot



RECAPTCHA

Published on: 23/05/25	Hits: 80
Comments: 0	See comments
Votes: 10	Score: 5

https://www.electrofitness.com/personal-trainer/san-jose/lifted-movements-san-jose_328875.php



san jose

Lifted Movements - San Jose

Discover Lifted Movements: Your Go-To Personal Trainer in San Jose, California

If you're searching for a personal trainer who genuinely cares about your fitness journey, look no further than ****Lifted Movements**** in San Jose, California. Led by the phenomenal ****Lena****, this gym guarantees a welcoming environment tailored to all fitness levels.

Planning Your Fitness Journey

At Lifted Movements, careful ****planning**** is at the forefront of every session.

Lena takes the time to understand your fitness goals, ensuring that each workout is personalized and effective. Whether you are stepping into the gym for the first time or looking to enhance your training routine, Lena's approach focuses on fundamental techniques that help build a solid foundation.

Accessibility Features

Lifted Movements is committed to ****accessibility**** for all its clients. The facility boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****. Not only does this make it easy to access the gym, but it also ensures that everyone can enjoy their workout without barriers. Additionally, the gym includes a ****wheelchair-accessible toilet****, making it convenient for all guests.

Appointments Recommended

To get the most out of your experience, ****appointments are recommended****. This ensures that you receive Lena's undivided attention during your training sessions. Many clients have praised her dedication to checking in on their progress, and her commitment to creating an inclusive atmosphere fosters camaraderie among members.

Exceptional Amenities

Lifted Movements offers more than just a workout space; it provides a community. With a supportive environment and top-notch ****amenities****, clients can focus on their fitness goals while enjoying the surrounding atmosphere. From amazing group classes to a welcoming decor, you will never feel intimidated or bored while working out here.

What Clients Are Saying

Feedback from clients speaks volumes about Lena's abilities and the atmosphere at Lifted Movements. - One client stated, "Lena is the real deal! Her knowledge, support, and patience for someone just starting is unmatched." - Another shared, "Every class is different and works out your whole body. It's impossible to get bored or not feel challenged." These testimonials reflect the positive impact Lena has on her clients' fitness journeys. Many report significant improvements in strength, endurance, and overall well-being since joining.

Join the Lifted Movements Community

If you want to take your fitness journey to the next level, consider joining Lifted Movements. With personalized training sessions, a supportive community, and accessible facilities, you'll find everything you need to succeed. Don't hesitate—your journey to health and fitness awaits! For more information or to schedule your first appointment, visit Lifted Movements today!

Our establishment is located at

3235 Stevens Creek Blvd, 95117 San Jose, California - United States (US)

The contact line of said **Personal trainer** is +1408-915-7703

And if you want to send a WhatsApp, you can do so at +1408-915-7703

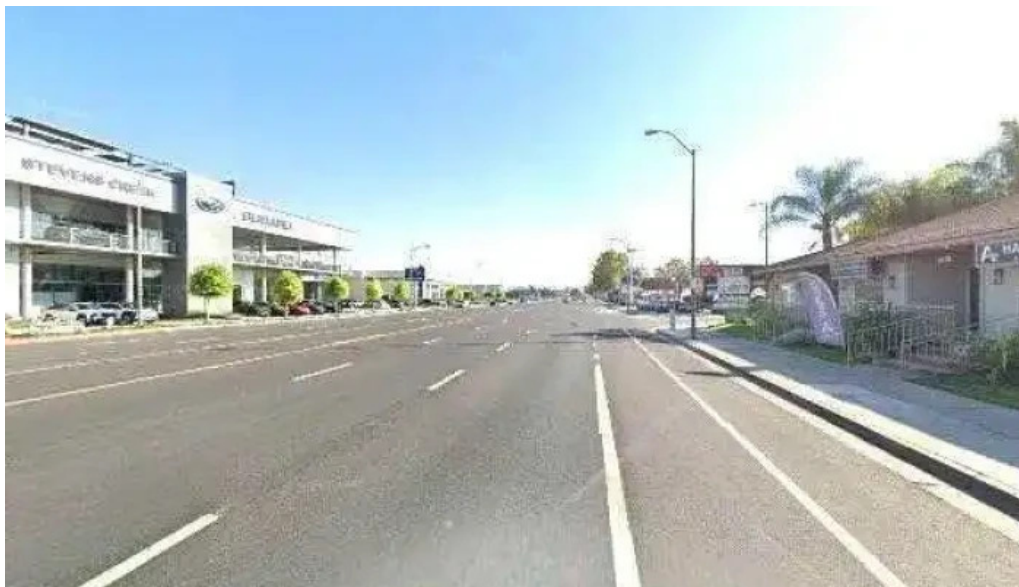
We look forward to seeing you at:

Day	Hours
Monday	8?AM–10?PM
Tuesday	8?AM–10?PM
Wednesday	8?AM–2?PM
Thursday	Closed
Friday	8?AM–10?PM
Saturday	8?AM–10?PM
Sunday	8?AM–10?PM

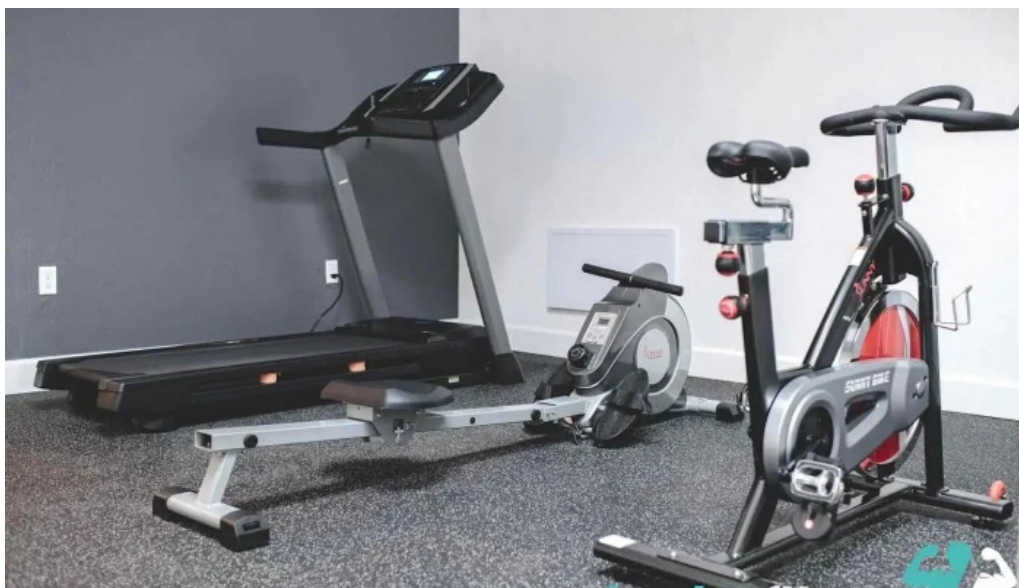
The website is Lifted Movements

If you wish to alter any element that you feel is not correct regarding this page, please deliver a message so we can we will handle it promptly. Thank you in advance we appreciate it.

Images



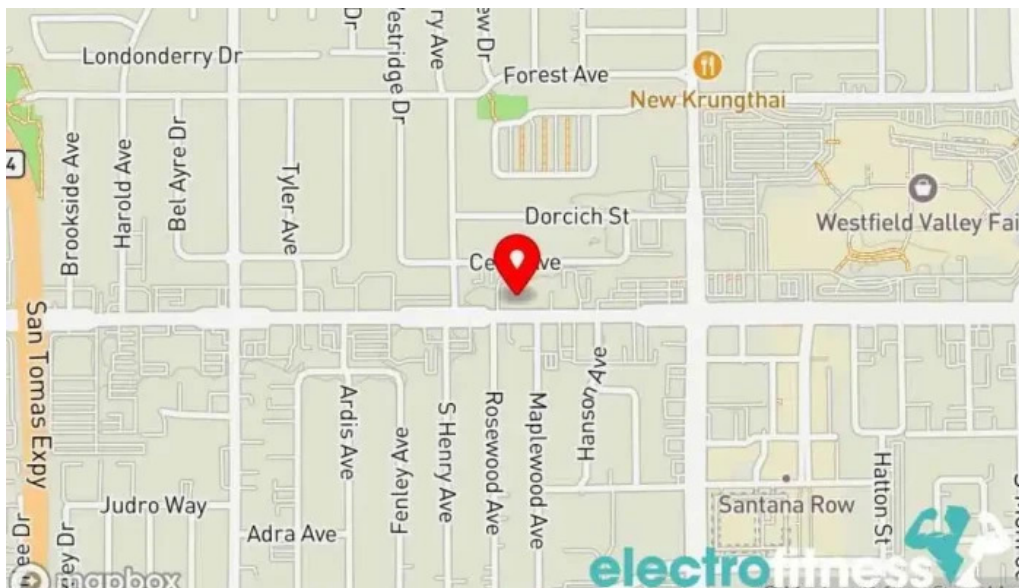
Lifted movements street view 360deg



Lifted movements san jose



Lifted movements physical fitness



Lifted movements map



Lifted movements by owner



Lifted movements all

Tags

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

Related content

5.0 * *Mindful Movements Pilates Studio - Fort Wayne*

4.9 * *CrossFit San Leandro - San Leandro*

4.9 * *San Diego Barbell Club - San Diego*

4.4 * *San Carlos Fitness - San Diego*

4.2 *	<i>Crunch Fitness - San Pedro - San Antonio</i>
3.7 *	<i>Gold's Gym San Antonio The Quarry - San Antonio</i>
4.9 *	<i>HASfit Personal Trainer San Antonio - San Antonio</i>
4.4 *	<i>Hotworx - San Antonio, Tx - Alamo Heights - San Antonio</i>
3.8 *	<i>Gold's Gym San Antonio Alamo Heights - San Antonio</i>
5.0 *	<i>The Tribe 3f CrossFit San Antonio, Tx - San Antonio</i>

Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
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
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
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
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
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 library
public swimming pool
recreation center
rehabilitation center
resort hotel
restaurant
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
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school

taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization