

## Iron Core Fitness - San Leandro

san leandro

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## *Iron Core Fitness - San Leandro*

### **Discovering Iron Core Fitness: Your Personal Training Destination in San Leandro, California**

Iron Core Fitness stands out as a premier personal training facility in San Leandro, California. With its unique blend of personalized attention, dynamic workouts, and supportive environment, it is an excellent choice for anyone looking to improve their fitness journey.

### **Amenities That Enhance Your Experience**

At Iron Core Fitness, you will find several **\*\*amenities\*\*** designed to make your workout experience comfortable and enjoyable. The facility boasts modern equipment and ample space for high-intensity workouts, ensuring that you can maximize your training sessions.

### **Accessibility for All**

Iron Core Fitness prioritizes inclusivity with a **\*\*wheelchair-accessible car park\*\***, making it easy for everyone to access the facility. Furthermore, the **\*\*wheelchair-accessible entrance\*\*** and **\*\*wheelchair-accessible toilet\*\*** guarantee that individuals with mobility challenges can navigate the space comfortably.

### **On-Site Services and Language Assistance**

The gym offers various **\*\*on-site services\*\***, including personal training sessions tailored to meet individual needs. If you require **\*\*language assistance\*\***, the staff is prepared to help communicate effectively to ensure that you receive the best possible training experience.

### **Flexible Planning with Recommended Appointments**

Iron Core Fitness encourages clients to make **\*\*appointments\*\*** for personal training sessions. This ensures that you receive dedicated attention during your workouts. With flexible timings available, it's easier than ever to fit fitness into your busy schedule.

### **Service Options Tailored to You**

Whether you are interested in boot camp workouts or personalized training, Iron Core Fitness has numerous **\*\*service options\*\*** to cater to diverse fitness goals. Many clients have praised the high-intensity workouts that help burn calories quickly, proving effective for weight loss and overall fitness.

### **Client Experiences: Achievements and Challenges**

Clients at Iron Core Fitness have shared their positive experiences, highlighting the dedication of trainers like Carlos, who is recognized for his extensive knowledge and commitment to client success. One client noted losing 21 pounds in just six weeks, underscoring the effectiveness of the tailored exercise programs offered. While most reviews are overwhelmingly positive, it's important to acknowledge all feedback. Some guests have mentioned less favorable experiences with specific trainers, emphasizing the need for awareness when choosing your personal trainer. Nonetheless, feedback highlights the friendly and knowledgeable approach of the general staff at the facility.

### **Conclusion: Your Path to Fitness Starts Here**

In summary, Iron Core Fitness in San Leandro, California, provides a

comprehensive and accessible environment for those seeking professional personal training. With a focus on individualized attention, a variety of amenities, and flexible service options, it is well-equipped to help you meet your fitness goals. Make your appointment today and take the first step towards achieving your desired results!

### **You will find us at**

14410 Washington Ave #110, 94578 San Leandro, California - United States (US)

The contact line of said **Personal trainer** is +1510-560-3689

And if you want to send a WhatsApp, you can do so at +1510-560-3689

### **Our opening hours are:**

Day Hours  
Monday

5:30–10?AM 4–8?PM

Tuesday

5:30–10?AM 4–8?PM

Wednesday

5:30–10?AM 4–8?PM

Thursday

5:30–10?AM 4–8?PM

Friday

8–10:30?AM

Saturday

Closed

Sunday

5:30–10?AM 4–8?PM

The website is Iron Core Fitness

In case you want to change any data that you feel is not correct regarding this site, we kindly request deliver a message so we can we will handle it as soon as possible. With anticipation thank you very much.

## **Images**



*Iron core fitness training*



*Iron core fitness street view 360deg*

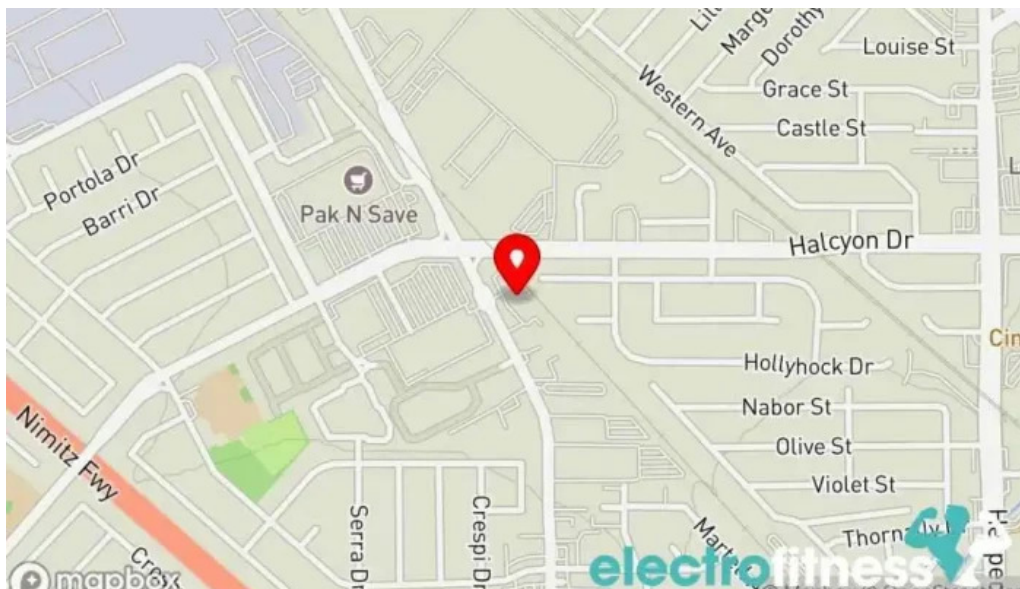


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*Iron core fitness all*

## Tags

*Planning, Wheelchair-accessible toilet, Wheelchair-accessible car park, Appointments recommended, Wheelchair-accessible entrance, Service options, Toilet, Amenities, On-site services, Accessibility, Language assistance*

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boxing club
boxing gym
boxing ring
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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
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health consultant
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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
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