

Teddy's Total Body Personal Training - San Leandro

san leandro

☐ I'm not a robot



Published on: 06/05/25	Hits: 272
Comments: 0	See comments
Votes: 34	Score: 5

https://www.electrofitness.com/personal-trainer/san-leandro/teddy-s-total-body-personal-training-san-leandro_271927.php



san leandro

Teddy's Total Body Personal Training - San Leandro

Welcome to Teddy's Total Body Personal Training

Located in San Leandro, California, **Teddy's Total Body Personal Training (TTB)** is not just a gym; it's a community focused on achieving personal fitness goals while fostering camaraderie and support among its members. With a variety of services and amenities, TTB caters to individuals from all walks of life, ensuring everyone feels welcome and included.

Accessibility Matters

At TTB, accessibility is a priority. The facility features a **wheelchair-accessible entrance** and **wheelchair-accessible toilets**, ensuring that everyone can enjoy their fitness journey without barriers. Additionally, the **wheelchair-accessible car park** makes it easy for those with mobility challenges to access the gym's facilities. Teddy's commitment to creating a **transgender safe space** alongside **gender-neutral toilets** emphasizes inclusivity for all clients.

Outdoor Services & Amenities

For those seeking fresh air, TTB offers **outdoor services** that allow clients to train in a natural setting. The facility is equipped with the necessary **amenities** to ensure a comfortable and effective workout experience. Clients appreciate Teddy's personalized approach, which includes planning sessions tailored to individual needs and goals.

Community and Support

The sense of community at TTB is palpable. With a diverse **crowd** of enthusiastic members, everyone is encouraged to support one another. As one client beautifully stated, "This place felt more like a family than a gym." Teddy's positivity and genuine care push clients to exceed their limits, making every workout a rewarding experience.

Service Options and Personal Training

Whether you are looking for **on-site services** like personal training or group classes, TTB has flexible options to fit your lifestyle. Many clients have reported significant transformations, with one stating they lost over 70 lbs, all thanks to Teddy's motivational style and expertise. Appointments are recommended to ensure attentive service and tailored workouts, maximizing your fitness experience.

Why Choose Teddy's Total Body Personal Training?

Teddy's dedication to his clients is evident in every session, as he expertly aligns personal fitness goals with realistic expectations. Many clients have praised him as an incredible motivator and coach, highlighting his ability to make workouts both challenging and enjoyable. One satisfied member noted, "Teddy has pushed me to excel and his nutritional knowledge has helped as well."

Join the TTB Family!

If you're looking for an inspiring place to work towards your fitness goals, **Teddy's Total Body Personal Training** is waiting for you. Experience the energy, support, and expert guidance that make TTB a standout choice in San Leandro. You won't regret joining this amazing community!

You can find us in

2089 E 14th St, 94577 San Leandro, California - United States (US)

The phone number of the mentioned **Personal trainer** is +1510-390-7395
And if you want to send a WhatsApp, you can do so at +1510-390-7395

We open at the following schedule:

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–9?PM
Friday	5?AM–12?PM
Saturday	Closed
Sunday	5?AM–9?PM

The website is Teddy's Total Body Personal Training

If you wish to update any data that you think is not accurate regarding this portal, we urge you to send us a message so that we will handle it as soon as possible. Thanks beforehand thanks.

Images



Teddys total body personal training website



Teddys total body personal training videos



Teddys total body personal training training



Teddys total body personal training street view 360deg



Teddys total body personal training schedule



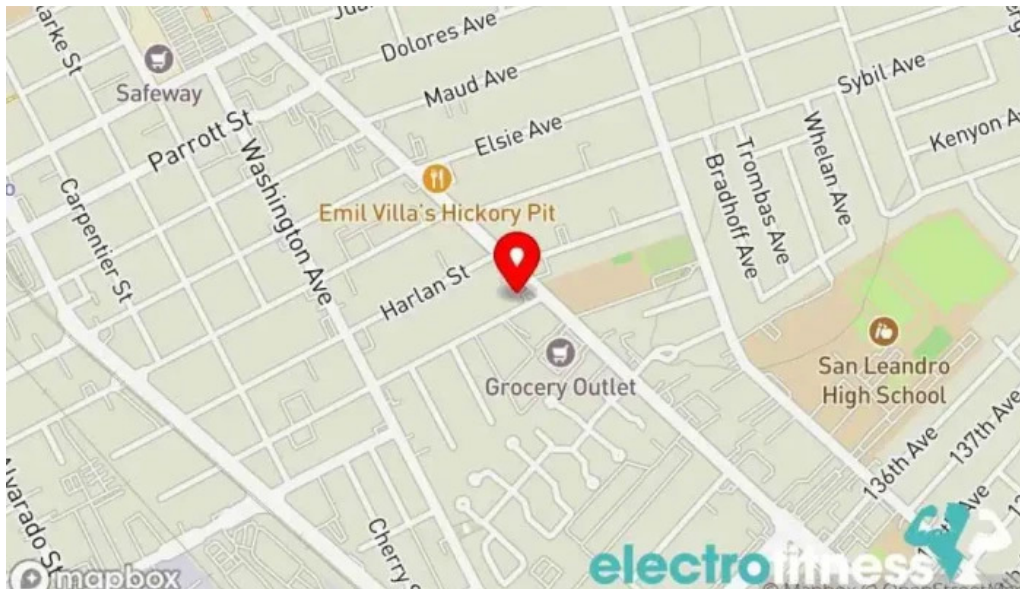
Teddys total body personal training san leandro



Teddys total body personal training physical fitness



Teddys total body personal training personal trainer



Teddys total body personal training map



Teddys total body personal training gym



Teddys total body personal training by owner



Teddys total body personal training all



Teddy s total body personal training san leandro

Tags

Wheelchair-accessible car park, Appointments recommended, Crowd, Wheelchair-accessible entrance, Accessibility, Gender-neutral toilets, On-site services, Service options, Toilet, Transgender safe space, Wheelchair-accessible toilet, Amenities, Outdoor services, Planning

Related content

5.0 *	<i>Total Fitness Colorado - Highlands Ranch</i>
4.7 *	<i>R2 Total Fitness 24/7 - Woodstock</i>
4.7 *	<i>Dartmouth Total Fitness - Dartmouth</i>
4.6 *	<i>Vidalia Total Fitness - Vidalia</i>
4.2 *	<i>Natchez Total Fitness - Natchez</i>
5.0 *	<i>Total Wellness Physical Therapy - Addison</i>
4.8 *	<i>Refuel Total Fitness, Llc - Newark</i>
5.0 *	<i>Tm Total Performance - Acton</i>
3.8 *	<i>Natchez Total Fitness - Natchez</i>
5.0 *	<i>Total Health and Exercise - Centennial</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
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