

Desolation Athletic Fitness - South Lake Tahoe

south lake tahoe

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Desolation Athletic Fitness - South Lake Tahoe

Discover Desolation Athletic Fitness in South Lake Tahoe

Located in the scenic South Lake Tahoe, **Desolation Athletic Fitness** (DAF) is more than just a gym—it's a community hub for fitness enthusiasts of all levels. This fitness center prides itself on accessibility, welcoming everyone through its **wheelchair-accessible entrance**, complete with a **wheelchair-accessible car park** and **wheelchair-accessible toilet** facilities. DAF ensures that everyone can partake in their transformative fitness experience.

Amenities That Enhance Your Experience

DAF boasts a variety of amenities designed to cater to the needs of all members. The **free parking lot** allows for easy access, making your visits hassle-free. With clean and organized facilities, including well-maintained **toilets**, members can focus entirely on their workouts without distractions.

A Community Focused on Growth

The heart of DAF lies within its strong community spirit. Members frequently highlight the intentional and personal training approach at DAF. As one member stated, "The training is intentional, personal, and highly efficient," creating an atmosphere that inspires regular attendance. Coach Elliott crafts thoughtful programs tailored to individual goals, ensuring every session is meaningful and productive.

Expert Training for All Levels

Whether you're a seasoned athlete or just starting your fitness journey, DAF offers expert coaching to accommodate all needs. Trainers like Elliott and Mike are noted for their extensive knowledge and ability to adapt workouts for various injuries and limitations. This bespoke approach empowers members to push their limits safely while fostering an environment where every goal is achievable.

Sparking Joy and Motivation

At DAF, working out feels less like a chore and more like an enjoyable activity with friends and family. The supportive atmosphere helps members cultivate confidence and promotes a sense of belonging. As one enthusiastic member shared, "DAF has generated an awesome community of Tahoe's coolest people." This reinforces the notion that fitness can be fun and fulfilling.

Join the DAF Family Today!

If you're seeking a fitness experience that transcends the ordinary gym routine, Desolation Athletic Fitness is the place for you. With its accessibility features, engaging atmosphere, and knowledgeable coaches, it stands out as the best gym in South Lake Tahoe. Don't miss out on the opportunity to be part of this incredible community—come and find your DAF bod today!

Our business is at

3668 Lake Tahoe Blvd Unit F, 96150 South Lake Tahoe, California - United States (US)

The phone of said **Personal trainer** is +1831-706-6179

And if you want to send a WhatsApp, you can do so at +1831-706-6179

Our business hours are:

Day Hours

Monday

6–9?AM 4:30–6:30?PM

Tuesday

6–8?AM 5:30–6:30?PM

Wednesday

6–9?AM 4:30–6:30?PM

Thursday

6–8?AM 5:30–6:30?PM

Friday

6–8?AM

Saturday

8–9?AM

Sunday

Closed

The website is Desolation Athletic Fitness

If necessary to alter any detail that you think is not correct regarding this page, we kindly request send us a message and we will adjust it as soon as possible. With anticipation thanks.

Images



Desolation athletic fitness videos



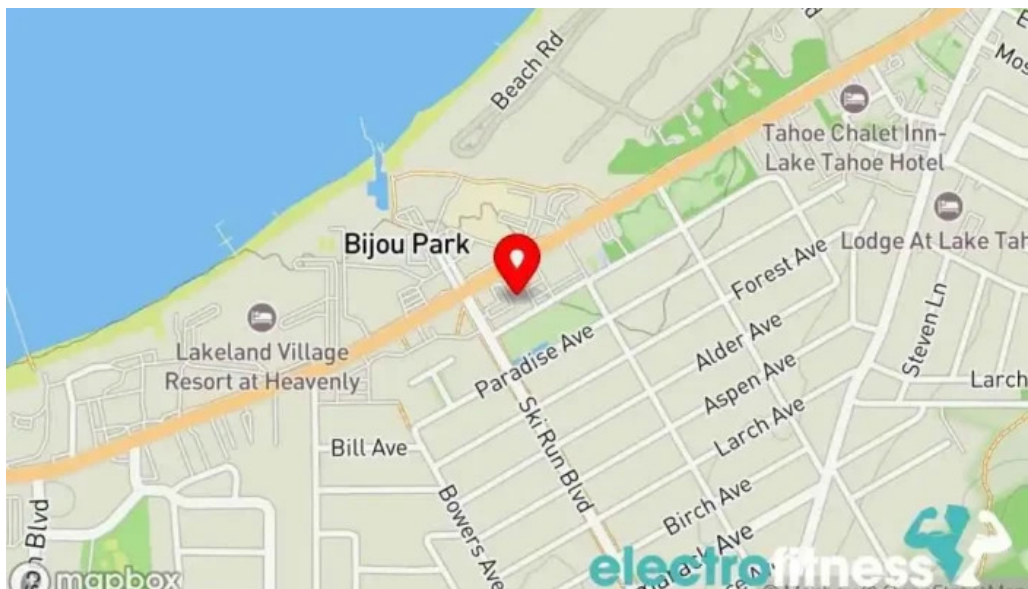
Desolation athletic fitness training



Desolation athletic fitness street view 360deg



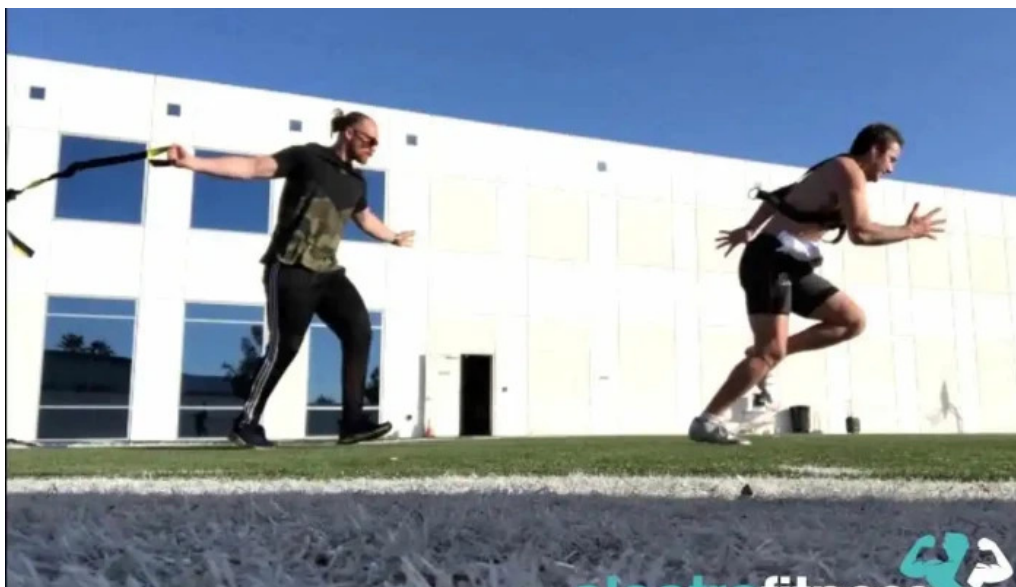
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Desolation athletic fitness map



Desolation athletic fitness gym



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Tags

Amenities, Wheelchair-accessible car park, Free parking lot, Toilet, Parking, Wheelchair-accessible toilet, Accessibility, Wheelchair-accessible entrance

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basketball club
basketball court
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boxing gym
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church
club
coffee shop

college
community center
convenience store
corporate office
counselor
country club
coworking space
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dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
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foot care
gated community
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golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
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karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
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medical spa
meditation center
metaphysical supply store
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non-profit organization
nutritionist
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 swimming pool
recreation center
rehabilitation center
resort hotel
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
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swimming pool
swimming school
taekwondo school
tanning salon
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