

## Body By Biju - One on One Personal Training - Private Gym Spokane - Spokane spokane



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## *Body By Biju - One on One Personal Training - Private Gym Spokane - Spokane*

**Welcome to Body By Biju: Your Premier One-on-One Personal Training in Spokane**

Located in Spokane, Washington, **Body By Biju** offers an exceptional personal training experience designed to help you achieve your fitness goals in a supportive and welcoming environment. With amenities that cater to every

individual, including a **wheelchair-accessible entrance** and **wheelchair-accessible car park**, this private gym is tailored for all fitness levels.

## A Focus on Individualized Training

At Body By Biju, each training session is **appointment required**, ensuring you receive the personalized attention you deserve. Biju and Cathy work closely with you to create a plan that suits your unique needs. Clients rave about Biju's ability to tailor workouts that challenge while remaining manageable, making him a **non-intimidating** presence in the fitness world.

## An Inclusive Atmosphere

The gym is proud to be **LGBTQ+ friendly**, creating a space where everyone feels welcome. This commitment to inclusivity extends beyond just training; it permeates the entire atmosphere, making it a place where clients can feel comfortable pursuing their health and fitness goals.

## Comfort and Convenience

With a **wheelchair-accessible toilet** and other **amenities** designed for ease of use, Body By Biju ensures that all clients have a seamless experience during their workouts. The facility is not only clean but equipped with state-of-the-art equipment, providing everything you need for a successful training session.

## Why Choose Body By Biju?

Many clients have shared their transformative experiences, emphasizing the professionalism and knowledge of Biju and Cathy. Their dedication to each individual is reflected in the **results** achieved. As one client noted, "Biju's extensive knowledge in exercise science and innovative training techniques have been instrumental in helping me achieve my fitness goals." With personalized attention and care, many have reported significant progress in their health and physique.

## Planning Your Path to Fitness

Cathy plays a vital role too, offering expert nutritional guidance and crafting customized meal plans that complement your training regimen. Clients appreciate her **appointments recommended** strategy for follow-ups, ensuring that you stay on track and accountable throughout your journey.

## Final Thoughts

If you're serious about transforming your health and fitness, **Body By Biju** is the place to be. The supportive team creates a unique environment where goals are not just met but exceeded. Join the family at Body By Biju and take the first step towards a healthier, stronger you!

### **We are situated in**

4610 N Division St #1, 99207 Spokane, Washington - United States (US)

The phone of the respective **Personal trainer** is +1509-487-0202

And if you want to send a WhatsApp, you can do so at +1509-487-0202

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

Day	Hours
Monday	6:30?AM–6:30?PM
Tuesday	6:30?AM–6:30?PM
Wednesday	6:30?AM–6:30?PM
Thursday	6:30?AM–1:30?PM
Friday	6:30?AM–12:30?PM
Saturday	6:30?AM–6:30?PM
Sunday	6:30?AM–6:30?PM

The website is Body By Biju - One on One Personal Training - Private Gym Spokane

If necessary to adjust any data that you feel is not correct concerning this portal, we urge you to forward a message and we will correct it promptly. With anticipation thanks.

## **Images**



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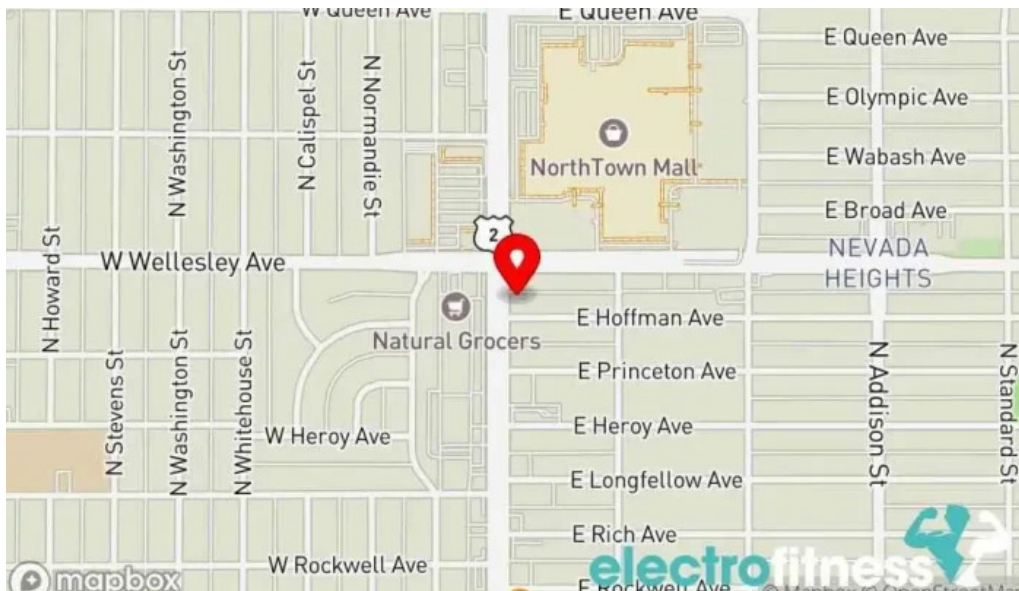




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## Tags

*Crowd, Wheelchair-accessible car park, Appointment required, Amenities, Planning, Appointments recommended, Wheelchair-accessible entrance, LGBTQ+ friendly, Accessibility, Wheelchair-accessible toilet, Toilet*

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basketball club
basketball court
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boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
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convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
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
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 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
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women's personal trainer
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