

## Impact Fitness - Spokane

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spokane

## Impact Fitness - Spokane

### Discovering Impact Fitness: Your Go-To Personal Trainer in Spokane, Washington

When it comes to personal training, **Impact Fitness** stands out as a premier choice for fitness enthusiasts in Spokane, Washington. With a reputation built on **professionalism** and effective results, clients rave about their experiences with trainers like **Charles Bland**. Let's dive into what makes this facility exceptional.

### Planning Your Fitness Journey

At Impact Fitness, **planning** is key. The facility emphasizes tailored programs that cater to individual goals. Whether you are looking to lose weight, build muscle, or enhance overall wellness, scheduling an appointment with a personal trainer is essential to get started on your journey.

### **Service Options for Every Lifestyle**

Impact Fitness offers a variety of **service options** to accommodate different preferences and lifestyles. You can choose from: - One-on-one personal training - Group classes - **Online classes** for those who prefer to work out from home. Each option is designed to provide the necessary support and guidance to achieve optimal results.

### **On-Site Services and Amenities**

The facility boasts fantastic **on-site services**, making it convenient for clients to focus on their fitness without any distractions. From modern equipment to specialized training areas, every detail is meticulously planned. In addition to workout spaces, clients can enjoy various **amenities** including: - **Toilet** facilities - A **wheelchair-accessible entrance** for easy access - A **wheelchair-accessible car park** to ensure all clients can enter and exit the facility with ease.

### **Accessibility Matters at Impact Fitness**

Impact Fitness is committed to ensuring that everyone can participate in their programs. This includes providing a **wheelchair-accessible toilet** and maintaining an overall **accessibility** standard throughout the gym. This thoughtful consideration demonstrates their dedication to inclusivity and making fitness accessible for all.

### **Appointments and Recommendations**

While walk-ins are sometimes welcomed, it is always best to make an **appointment** to ensure you receive the focused attention you need. For newcomers, **appointments are recommended** to allow trainers to assess fitness levels and develop personalized strategies effectively.

### **Why Choose Charles Bland?**

Clients frequently mention **Charles Bland** in their glowing reviews, highlighting his professionalism and effectiveness. If you are serious about achieving results, training with a dedicated professional like Charles can be a game-changer. His approach combines motivation with personalized strategies, ensuring you stay on track toward your fitness goals.

### **Your Path to Fitness Awaits**

Whether you're just starting on your fitness journey or looking to take it to the next level, Impact Fitness in Spokane provides everything you need. With a

focus on **\*\*planning\*\***, accessibility, and exceptional service options, you'll find that your journey here is one of empowerment and results. Don't wait—schedule your appointment today!

**The business is situated at**

1011 E 2nd Ave Unit 1, 99202 Spokane, Washington - United States (US)

The phone of this **Personal trainer** is +1509-473-9915

And if you want to send a WhatsApp, you can do so at +1509-473-9915

**We look forward to seeing you at:**

Day	Hours
Monday	5?AM–7?PM
Tuesday	5?AM–7?PM
Wednesday	5?AM–3?PM
Thursday	7:30?AM–2?PM
Friday	Closed
Saturday	5–7?AM
Sunday	5?AM–7?PM

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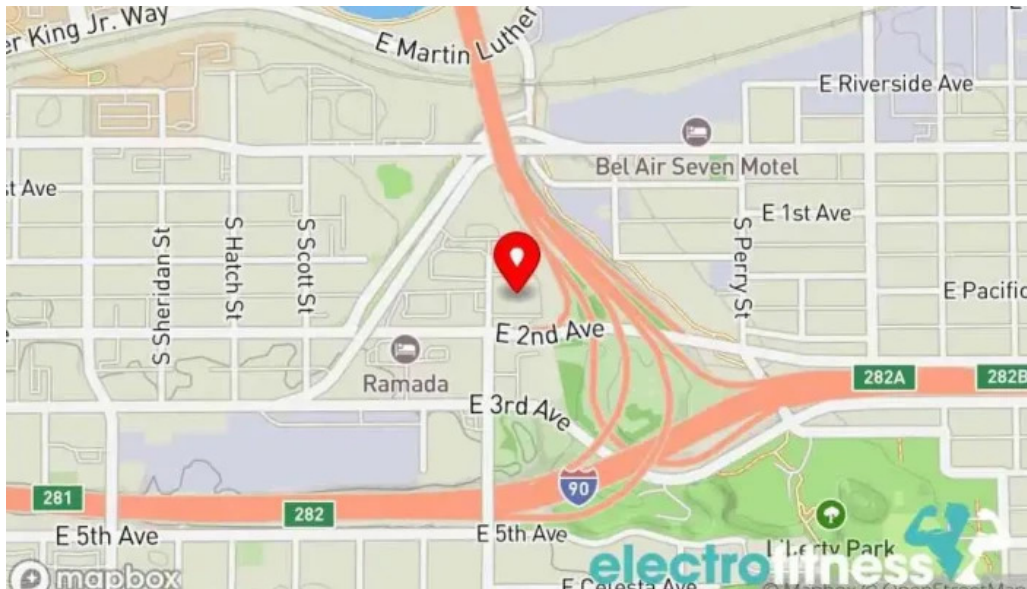
**Images**



*Impact fitness street view 360deg*



*Impact fitness spokane*



*Impact fitness map*



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## Tags

*Planning, Wheelchair-accessible car park, Appointments recommended, Accessibility, Online classes, Wheelchair-accessible toilet, Amenities, On-site services, Appointment required, Wheelchair-accessible entrance, Toilet, Service options*

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boxing ring
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convenience store

counselor
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pharmacy
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physical therapist
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rv park
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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
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