

## The Bricks Conditioning Lab - Spokane

spokane

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## *The Bricks Conditioning Lab - Spokane*

### **The Bricks Conditioning Lab: Your Go-To Personal Trainer in Spokane, Washington**

If you're looking for a **\*\*personal trainer\*\*** in Spokane, The Bricks Conditioning Lab is the place to be. Located conveniently with **\*\*wheelchair-accessible entrance\*\*** and amenities, this gym ensures that everyone can achieve their fitness goals.

### **Accessibility and Amenities**

The Bricks Conditioning Lab features a **\*\*wheelchair-accessible toilet\*\*** and a **\*\*wheelchair-accessible car park\*\***, making it easy for all clients to access top-notch training facilities. These features reflect the gym's commitment to **\*\*accessibility\*\*** for everyone. Appointments are highly recommended to maximize your experience and ensure personalized attention from the knowledgeable staff. Clients frequently comment on the cleanliness and organization of the gym, noting that it “smells like it’s new every day.”

## **Unique Training Experience**

Owner Joe is known for his innovative techniques and dedication to helping clients improve both mentally and physically. The first visit often includes a complimentary training session where newcomers can get a feel for the environment. Many past clients have noted how the training approaches differ significantly from other gyms, providing a refreshing experience that keeps them coming back.

## **Tailored Programs for Everyone**

Whether you are a seasoned athlete or just starting your fitness journey, The Bricks Conditioning Lab offers something for everyone. As one client shared, “Joseph took us on as an older couple never before having worked out,” showcasing that the facility caters to various fitness levels. This versatility makes it ideal for both kids and adults, with programs designed for anyone looking to enhance their physical fitness.

## **Online Classes Available**

Understanding the need for flexibility, The Bricks Conditioning Lab also provides **\*\*online classes\*\*** for those who prefer to work out at home or wish to supplement their gym visits. This service option has been praised by many clients, allowing them to maintain their fitness regimen while accommodating busy schedules.

## **A Positive Community Environment**

What truly sets The Bricks Conditioning Lab apart is its atmosphere. The gym is filled with positive energy, inspiration, and a community that supports one another. Clients report feeling motivated and encouraged, thanks to the passionate coaching provided by Joseph and his team. Many testimonials highlight Joseph's extensive knowledge in fitness and nutrition, underscoring that he is not only committed to improving physical health but also to fostering a positive mindset about fitness. One enthusiastic review remarked that “his positive life mindset is contagious.”

## **Conclusion**

In summary, if you're seeking a **\*\*personal trainer\*\*** who genuinely cares about your progress and well-being, The Bricks Conditioning Lab in Spokane is the

place for you. With a focus on accessibility, tailored programs, and a supportive community, you'll find everything you need to succeed in your fitness journey. Don't hesitate to book your appointment today and take the first step toward achieving your personal goals!

### **You can find us at**

1902 E Mission Ave, 99202 Spokane, Washington - United States (US)

The phone of the mentioned **Personal trainer** is +1509-362-4424

And if you want to send a WhatsApp, you can do so at +1509-362-4424

### **Our public attention hours are:**

Day Hours  
Monday

5:30?AM–12?PM 3–7?PM

Tuesday

5:30?AM–12?PM 3–7?PM

Wednesday

5:30?AM–12?PM 3–7?PM

Thursday

8–11?AM

Friday  
Closed

Saturday

5:30?AM–12?PM 3–7?PM

Sunday

5:30?AM–12?PM 3–7?PM

The website is The Bricks Conditioning Lab

If you wish to adjust any detail that you believe is not precise related to this portal, we kindly request deliver a message and we will adjust it as soon as possible. Thanks beforehand thank you very much.

## **Images**



*The bricks conditioning lab training*



*The bricks conditioning lab street view 360deg*

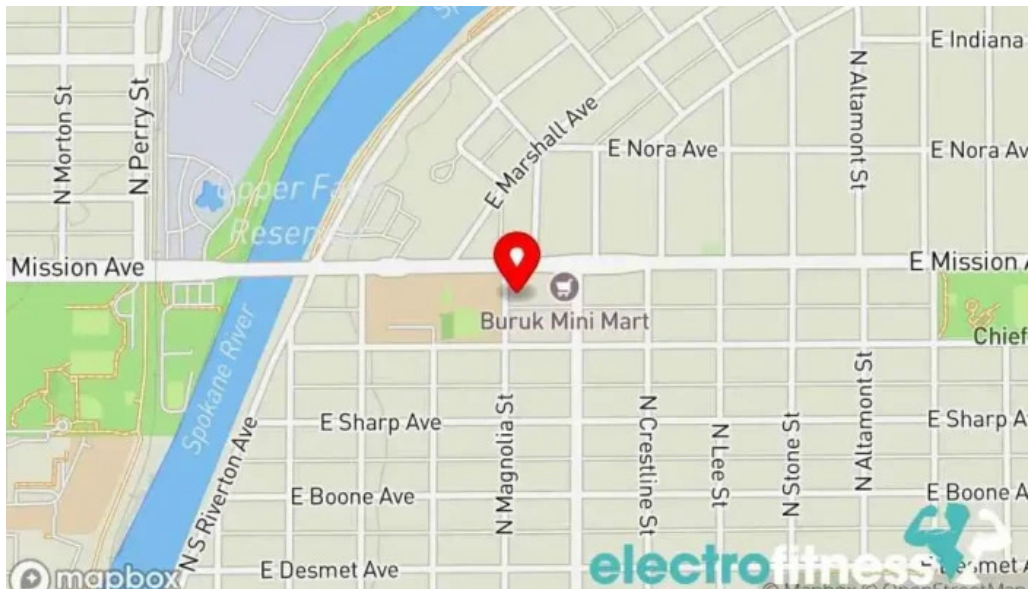


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*The bricks conditioning lab map*



*The bricks conditioning lab gym*



*The bricks conditioning lab by owner*



*The bricks conditioning lab all*

## Tags

*Wheelchair-accessible car park, Appointments recommended, Wheelchair-accessible toilet, Toilet, Planning, Online classes, Wheelchair-accessible entrance, Amenities, Service options, Accessibility*

## Related content

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acupuncture clinic
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bar
basketball club
basketball court
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
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
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
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