

Torq Personal Training - Spokane

spokane

☐ I'm not a robot
 

Published on: 02/05/25	Hits: 480
Comments: 0	See comments
Votes: 60	Score: 5

https://www.electrofitness.com/personal-trainer/spokane/torq-personal-training-spokane_258038.php



spokane

Torq Personal Training - Spokane

Discover Torq Personal Training: Your Inclusive Fitness Hub in Spokane

If you're searching for a gym that embodies inclusivity and support, look no further than **Torq Personal Training** in Spokane, Washington. This gym not only caters to individuals looking to improve their fitness but also fosters a welcoming atmosphere for everyone, including being **LGBTQ+ friendly**.

Why Choose Torq Personal Training?

At Torq, the focus is on personalized training tailored to your individual goals and limitations. Coaches like Donnie prioritize understanding each client's unique needs, creating a space where members feel comfortable and supported. This gym stands out as a **transgender safe space**, ensuring everyone feels accepted and valued.

Amenities and Accessibility

The facility boasts an array of **amenities** designed to make your workout experience as smooth as possible. Some highlights include:

- Clean, well-equipped spaces for various workouts
- Wheelchair-accessible entrance** for easy access
- Wheelchair-accessible car park** for convenience
- Wheelchair-accessible toilet** to meet all needs

With a strong commitment to **accessibility**, Torq ensures that all clients, regardless of mobility level, can enjoy their fitness journey. Clients have shared how this aspect has positively impacted their workout experience, allowing them to focus on their personal growth without the worries of navigating a less accommodating environment.

Community and Support

Testimonials from clients emphasize the **supportive atmosphere** at Torq. Many have expressed how they felt welcomed and encouraged from their very first visit. Kory, one of the knowledgeable trainers, has been praised for his advice and guidance, making the transition into fitness easier for newcomers. Sheryl, a satisfied member, mentioned, "The coaches are so supportive and helpful in helping people to meet their goals." This community-centric approach ensures that everyone has the chance to thrive in their fitness journey.

Appointment Preferences

To maximize your experience, **appointments are recommended**. This allows trainers to dedicate time to tailor your workouts and meal planning according to your specific needs. Many members appreciate the convenience of scheduling through the user-friendly app, which also helps in tracking progress.

Success Stories at Torq

Many clients have shared their transformative experiences at Torq. From overcoming previous injuries to building strength and confidence, members of all ages have found success within these walls. One member noted how they had conquered long-held limitations with the help of dedicated coaches, saying, "I found the strength and energy to excel."

This culture of empowerment is what makes Torq much more than just a gym; it's a **community** where friendships are formed and personal goals are

celebrated.

Conclusion

At Torq Personal Training, you're not just joining a gym—you're becoming part of a **supportive family** that encourages each other to achieve personal bests. With inclusive practices, comprehensive accessibility options, and expert coaching, Torq creates a nurturing environment for all fitness levels. Consider making an appointment today to explore how Torq can help transform your relationship with fitness in a warm, welcoming, and empowering space.

Our location is in

1420 E Sprague Ave, 99202 Spokane, Washington - United States (US)

Our service hours are:

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–6?PM
Thursday	7?AM–12?PM
Friday	Closed
Saturday	6?AM–8?PM
Sunday	6?AM–8?PM

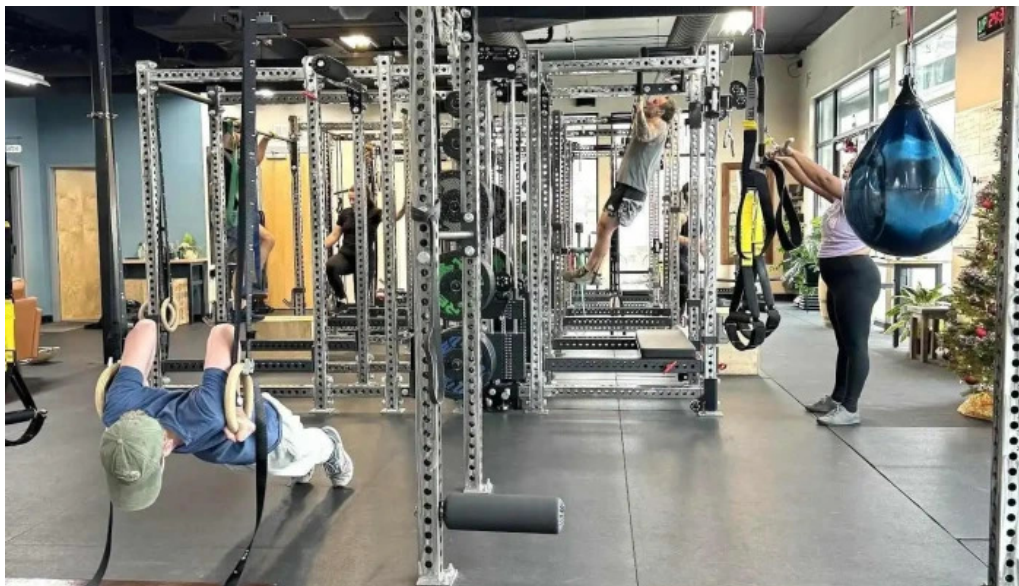
The website is [Torq Personal Training](#)

In case you want to change any detail that you consider is incorrect concerning this portal, we urge you to send a message so we can we will fix it quickly. Thanks beforehand thank you very much.

Images



Torq personal training videos



Torq personal training training



Torq personal training street view 360deg



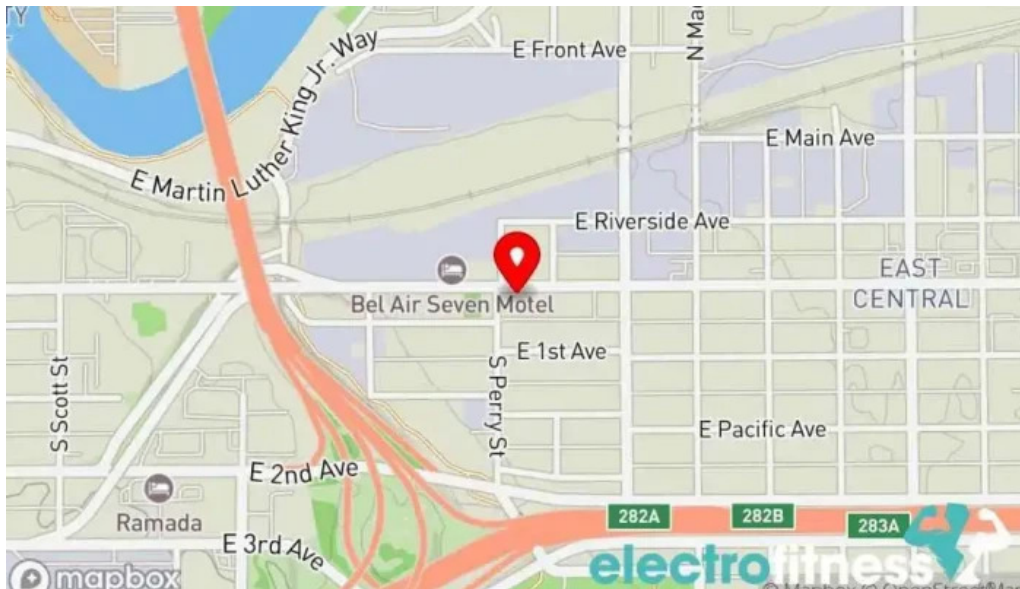
Torq personal training spokane



Torq personal training physical fitness



Torq personal training personal trainer



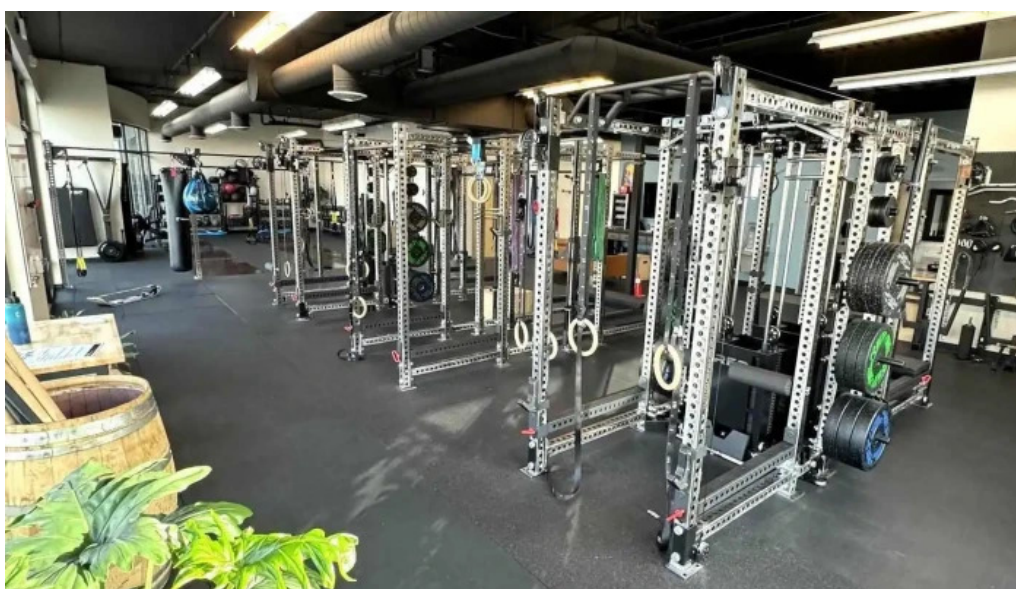
Torq personal training map



Torq personal training gym



Torq personal training by owner



Torq personal training all

Tags

Transgender safe space, Wheelchair-accessible car park, Toilet, Wheelchair-accessible toilet, LGBTQ+ friendly, Amenities, Accessibility, Crowd, Planning, Appointments recommended, Wheelchair-accessible entrance

Related content

5.0 * *Alloy Personal Training Rossmoor - Walnut Creek*

5.0 * *Hellion Personal Training, Santa Clarita - Santa Clarita*

5.0 * *Derrick Inglut Personal Training | Dc - Washington*

5.0 *	<i>Big Work Training Studio - Maynard</i>
5.0 *	<i>Ace In Home Personal Fitness Training - Stevenson Ranch</i>
5.0 *	<i>The Training Grounds - Agoura Hills</i>
5.0 *	<i>Thesis Personal Training Dc - Washington</i>
5.0 *	<i>Private Fitness Training by Deana Chochua - Agoura Hills</i>
5.0 *	<i>Triforce Training - Valparaiso</i>
4.7 *	<i>Performance Fitness Training Hanover - Hanover</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
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
youth organization