

## Redefine Fitness and Lifestyle - Tyler

tyler

☐ I'm not a robot
 

Published on: 28/05/25	Hits: 153
Comments: 0	See comments
Votes: 17	Score: 5

[https://www.electrofitness.com/personal-trainer/tyler/redefine-fitness-and-lifestyle-tyler\\_349094.php](https://www.electrofitness.com/personal-trainer/tyler/redefine-fitness-and-lifestyle-tyler_349094.php)



*tyler*

## *Redefine Fitness and Lifestyle - Tyler*

### **Experience Fitness Like Never Before at Redefine Fitness and Lifestyle in Tyler, Texas**

If you're searching for a personal trainer who combines expertise, adaptability, and an engaging approach to fitness, **Redefine Fitness and Lifestyle** is the destination for you. Located in the heart of Tyler, Texas, David Fennell offers personalized training that transforms both physical strength and overall well-being.

## Outstanding Amenities for Every Fitness Journey

The facility boasts exceptional **amenities**, ensuring a comfortable experience for all clients. From a well-designed **wheelchair-accessible car park** to an inviting **wheelchair-accessible entrance**, accessibility is a priority at Redefine. The spacious and clean gym environment creates the perfect backdrop for individual and small-group training sessions tailored to your specific needs.

## Training That Adapts to Your Lifestyle

Clients rave about David's ability to craft workouts that fit their personal goals while accommodating their unique circumstances. One enthusiastic client stated, "I look forward to my twice-weekly workouts with him." This sentiment reflects the commitment David shows in creating routines focusing on functional mobility, strength, and stability. This makes Redefine ideal for anyone, from busy parents to seniors looking to maintain their vitality.

## Professionalism Meets Personal Touch

David's approach to training is more than just exercise; it's an engaging experience that leads to real results. As one satisfied member put it, "He listens and makes workouts attainable while pushing you to achieve your goals." With his friendly demeanor and wealth of knowledge about body mechanics, David proves that personal training does not have to feel intimidating—it's supportive, educational, and empowering.

## The Perfect Space for Small Groups

The gym's design encourages a community feel without overwhelming clients. Many have remarked on how the small-group format allows for individualized attention, making every session effective and energizing. Clients appreciate the intimate settings where they don't get lost in the crowd, allowing for tailored workouts that address their specific needs.

## Commitment to Accessibility and Comfort

Redefine Fitness prioritizes inclusivity, ensuring that everyone can access its state-of-the-art facilities. With features such as a **toilet** designed for all abilities, the gym guarantees a welcoming space for everyone. David and his team strive to ensure that each client feels comfortable and capable, no matter where they are in their fitness journey.

## Your Fitness Transformation Starts Here

At Redefine Fitness and Lifestyle, the focus is on crafting a personalized experience to help you reach your fitness goals while enjoying the process. With David Fennell's expert guidance and a community-oriented atmosphere, you'll find the motivation you need to thrive. Don't settle for ordinary; redefine your fitness experience today!

### **The location of our premises is**

2251 Three Lakes Pkwy #102, 75703 Tyler, Texas - United States (US)

The contact line of said **Personal trainer** is +1903-339-0622

And if you want to send a WhatsApp, you can do so at +1903-339-0622

### **You can visit us at the following hours:**

Day Hours  
Monday  
5:30?AM–7?PM  
Tuesday  
5:30?AM–7?PM  
Wednesday  
5:30?AM–7?PM  
Thursday  
5:30?AM–7?PM  
Friday  
7–11?AM  
Saturday  
Closed  
Sunday  
5:30?AM–7?PM

The website is Redefine Fitness and Lifestyle

If you need to adjust any data that you think is not correct about this web, we urge you to deliver a message so that we will fix it at the earliest convenience. In advance we appreciate it.

## **Images**



*Redefine fitness and lifestyle tyler*



*Redefine fitness and lifestyle street view 360deg*

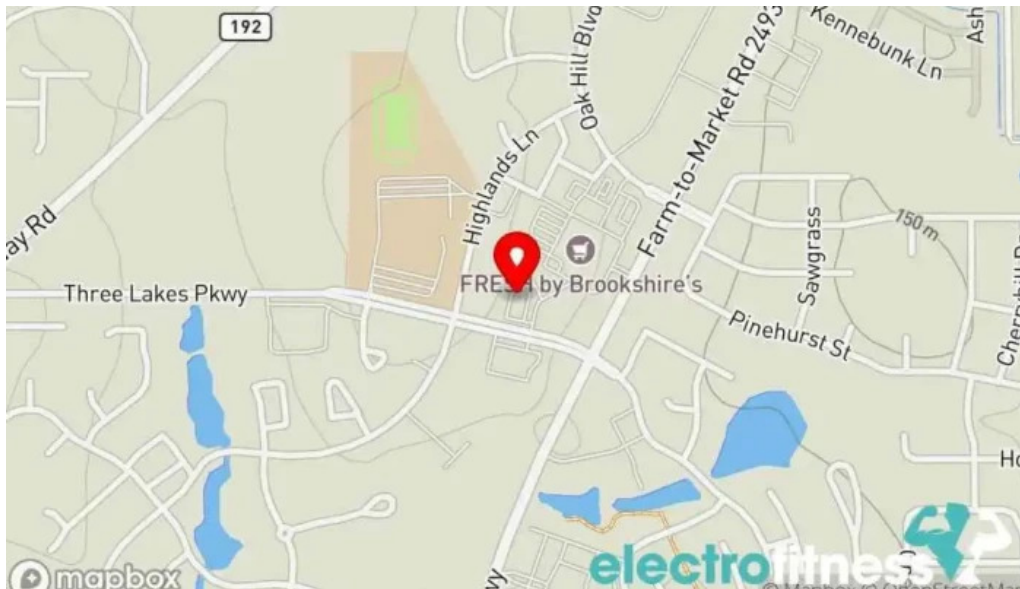


*Redefine fitness and lifestyle physical fitness*



*Redefine fitness and lifestyle personal trainer*





*Redefine fitness and lifestyle map*



*Redefine fitness and lifestyle gym*



*Redefine fitness and lifestyle by owner*



*Redefine fitness and lifestyle all*

## Tags

*Toilet, Amenities, Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park*

## Related content

---

**5.0 \*** *Redefine Fitness - Cheney*

---

**5.0 \*** *Honecker Lifestyle Fitness - Bloomsburg*

---

**5.0 \*** *Lifestyle Power Yoga - Green Bay*

---

**4.9 \*** *Active Lifestyle Fitness, Llc - Agawam*

<b>4.8 *</b>	<i>Lifestyle Health Services Med Spa - Agoura Hills Weight Loss, Iv Therapy &amp; Hydrafacial - Agoura Hills</i>
<b>4.6 *</b>	<i>Pivot Lifestyle + Fitness by Kristin Armstrong - Meridian</i>
<b>4.2 *</b>	<i>Lifestyle Fitness Center - Keyser</i>
<b>5.0 *</b>	<i>Ltff (a Personal Fitness, Exercise Lifestyle &amp; Training Company) "Llewellyn the Fit Foodie" - Alameda</i>
<b>4.9 *</b>	<i>CrossFit Lifestyle - Burlington</i>
<b>5.0 *</b>	<i>Revival Fitness &amp; Rehab - Altoona</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym



boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community

golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop

outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
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
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization