

Star Method Boxing - Walnut Creek

walnut creek

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Star Method Boxing - Walnut Creek

Discovering Star Method Boxing: A Premier Personal Training Gym in Walnut Creek

Star Method Boxing, located in Walnut Creek, California, is an exceptional personal training facility that caters to individuals of all skill levels. This gym is not only known for its top-notch training but also for its commitment to accessibility and a welcoming atmosphere.

Amenities and Accessibility

One of the standout features of Star Method Boxing is its focus on **accessibility**. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy their fitness journey here. When planning your visit, you'll find that the gym is equipped with clean facilities, including a **toilet** that enhances the overall comfort of your workout experience.

Personalized Training and Unique Workouts

At Star Method Boxing, every session is tailored to meet your individual needs, whether you're a beginner or a seasoned fighter. Adam, the owner and head trainer, offers **personalized attention** that truly sets this gym apart. Clients rave about how workouts are fun yet challenging, always pushing them to reach their fitness goals while learning proper boxing techniques. The supportive environment fosters confidence and motivation, helping you leave your self-doubt at the door.

Community and Support

The positive impact of Star Method Boxing extends beyond just physical training. Many clients note the strong sense of community within the gym. Coaches are not only skilled trainers but also incredible mentors who provide unwavering support. This makes it an ideal place for families, with parents praising the growth in confidence and self-esteem of their children who train there.

Planning Your Experience

Appointments are recommended to ensure you get the most out of your training sessions. The dedicated team is always prepared for your arrival, making the process smooth and enjoyable. Clients express appreciation for the meticulous cleanliness of the facility, likening it to a five-star hotel ambiance, which motivates them to engage fully in their workouts.

Final Thoughts

Star Method Boxing stands out as a premier destination for anyone looking to improve their fitness through boxing. Whether you're seeking a new way to stay fit, learn self-defense, or simply enjoy a great workout, this gym is your perfect match. With knowledgeable trainers and an inviting community, it's more than just a gym – it's a place where you can thrive both physically and mentally.

The location of our premises is

1501 N Broadway Ste. 100, 94596 Walnut Creek, California - United States (US)

The contact phone of this **Personal trainer** is +1925-476-5124

And if you want to send a WhatsApp, you can do so at +1925-476-5124

We open at the following schedule:

Day Hours
Monday
6?AM–8?PM
Tuesday
6?AM–8?PM
Wednesday
Closed
Thursday
7?AM–1?PM
Friday
6?AM–8?PM
Saturday
6?AM–8?PM
Sunday
6?AM–8?PM

The website is [Star Method Boxing](#)

If necessary to modify any data that you feel is not accurate regarding this portal, we kindly request send us a message so we can we will correct it at the earliest convenience. In advance we appreciate it.

Images



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Star method boxing training



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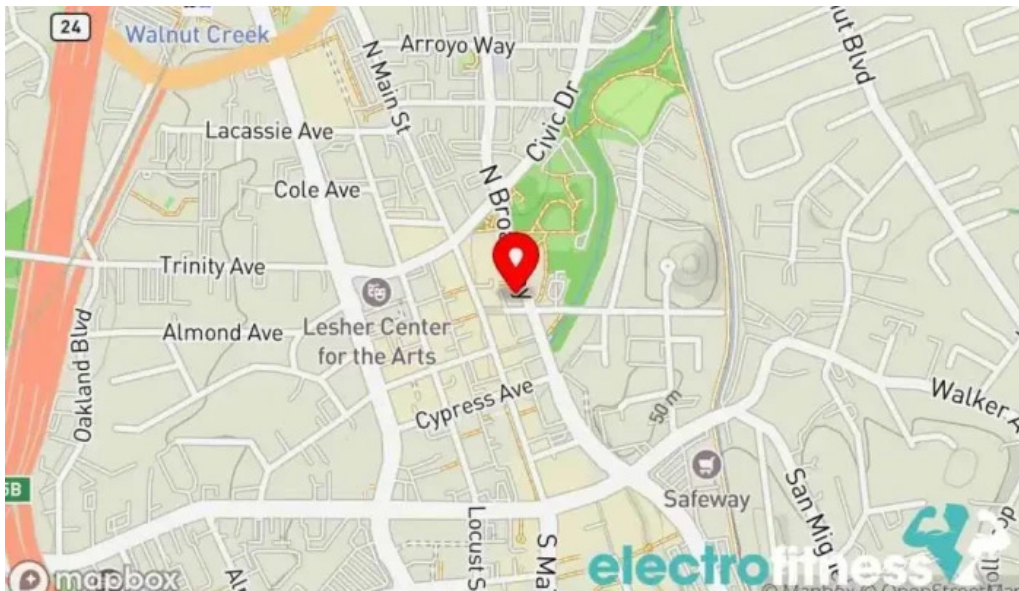
Star method boxing physical fitness



Star method boxing personal trainer



Star method boxing open now



Star method boxing map



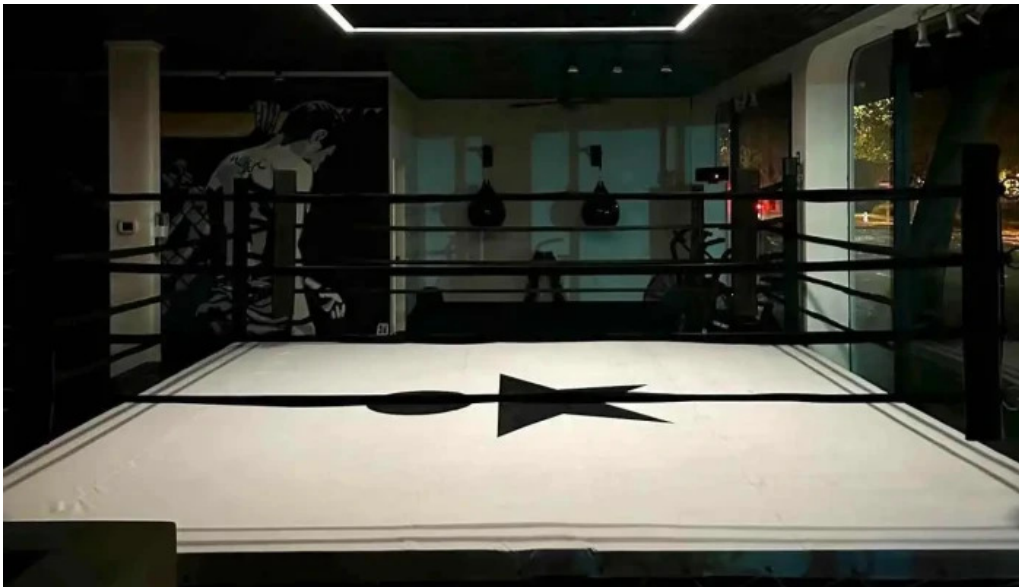
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Tags

Appointments recommended, Toilet, Wheelchair-accessible entrance, Planning, Wheelchair-accessible car park, Accessibility, Amenities

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