

Yakima Fitness Nutrition - Yakima

yakima

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Yakima Fitness Nutrition - Yakima

Discover Yakima Fitness Nutrition: Your Personal Trainer in Yakima, Washington

If you are seeking a dedicated personal trainer who truly understands your fitness goals, look no further than ****Yakima Fitness Nutrition****. Located in Yakima, Washington, this gym not only offers tailored workout plans but also prides itself on its accessibility and community-oriented ethos.

Accessibility Features

Yakima Fitness Nutrition is committed to making fitness available to everyone.

The facility comes with a **wheelchair-accessible car park**, ensuring that all clients can easily access the premises. The **wheelchair-accessible entrance** allows for a smooth transition into the gym, and amenities such as a **wheelchair-accessible toilet** ensure comfort for every visitor.

Community-Centric and Latino-Owned

The gym identifies as **Latino-owned**, fostering a sense of community and inclusivity. This aspect resonates with clients who appreciate a supportive environment where their cultural background is recognized and valued.

Why Choose Yakima Fitness Nutrition?

Many clients have shared their experiences training with Adam, a highly praised personal trainer at Yakima Fitness Nutrition. Here's what they had to say:

- **Increased Confidence**: Training with Adam has helped many regain their confidence to return to the gym after breaks. His personable nature and ability to listen to clients' goals make each session productive.
- **Tailored Workouts**: Adam works closely with his clients, pushing them to achieve their personal bests while taking into account individual body needs. Many have highlighted how he keeps them **accountable** for their health changes.
- **Well-Planned Sessions**: Clients appreciate that every workout is structured with a clear plan. Although the sessions are challenging, Adam encourages everyone to push their limits, leading to significant progress over time.
- **Supportive Environment**: The gym is described as a great place to exercise, with supportive staff and excellent supplements that are among the best in Yakima.
- **Expert Guidance**: Adam's professionalism and extensive knowledge make clients feel comfortable and well-supported during their fitness journey. Many have recommended him as a top choice for anyone in the Yakima Valley seeking a skilled personal trainer.

Conclusion

Whether you're a beginner or an experienced fitness enthusiast, Yakima Fitness Nutrition offers the resources and support needed to succeed. With its accessibility features and a strong commitment to client wellness, this gym stands out as a premier destination for fitness in Yakima, Washington. Join the community today and discover how Adam can help you achieve your fitness goals!

You can find us at

104 E Race St, 98901 Yakima, Washington - United States (US)

The contact phone of said **Personal trainer** is +1509-969-1461
And if you want to send a WhatsApp, you can do so at +1509-969-1461

We open at the following schedule:

Day Hours

Monday

Closed

Tuesday

8–11:30?AM 4–7?PM

Wednesday

8–11:30?AM 4–7?PM

Thursday

8–11:30?AM 4–7?PM

Friday

8–11:30?AM 4–7?PM

Saturday

8–11:30?AM 4–7?PM

Sunday

8–11:30?AM

The website is [Yakima Fitness Nutrition](#)

In case you want to update any detail that you believe is not correct regarding this site, we ask send a message so that we will handle it as soon as possible. Thank you in advance thanks.

Images



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Yakima fitness nutrition gym



Yakima fitness nutrition by owner



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Tags

Amenities, Wheelchair-accessible car park, Identifies as Latino-owned, Toilet, Accessibility, From the business, Wheelchair-accessible entrance, Wheelchair-accessible toilet

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sports nutrition store
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
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weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
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