

MamasteFit - Aberdeen

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MamasteFit - Aberdeen

Discover MamasteFit: Your Go-To Physical Fitness Program in Aberdeen, North Carolina

Welcome to **MamasteFit**, an innovative physical fitness program located in the heart of **Aberdeen, North Carolina**. Here, we cater to diverse needs, ensuring everyone can benefit from our comprehensive fitness services.

On-site Services Designed for Everyone

MamasteFit offers a variety of **on-site services** that include personal training, group classes, and wellness programs. Our team is committed to providing a supportive environment where you can achieve your fitness goals, regardless of your starting point.

Accessibility and Inclusivity

We pride ourselves on being an inclusive facility. Our **wheelchair-accessible car park** ensures easy access to our gym, while our **wheelchair-accessible entrance** and **wheelchair-accessible seating** in all areas of the gym make it convenient for everyone. Additionally, we have fully accessible toilet facilities designed to accommodate all our members.

Identifying as Women-Owned and Veteran-Owned

MamasteFit proudly **identifies as women-owned** and **veteran-owned**, reflecting our values of empowerment and service. We understand the unique challenges faced by women and veterans in fitness and strive to provide programs that resonate with their experiences.

Amenities to Enhance Your Experience

Our state-of-the-art amenities are designed for comfort and effectiveness. From modern workout equipment to cozy relaxation areas, we ensure that every aspect of our facility enhances your fitness journey.

Flexible Service Options

Whether you prefer **online classes** or in-person training sessions, MamasteFit provides flexible **service options** to fit your lifestyle. Participate from the comfort of your home or join us on-site for a more hands-on approach!

Join Us Today!

At MamasteFit, we believe that fitness is for everyone. Our commitment to accessibility, inclusivity, and community support sets us apart. Join us today and embark on your journey to a healthier you!

We are situated in

155 Allison Page Rd B, 28315 Aberdeen, North Carolina - United States (US)

The phone of said **Physical fitness program** is +1910-688-3541
And if you want to send a WhatsApp, you can do so at +1910-688-3541

We are available at these times:

Day Hours

Monday

Closed

Tuesday

9–11?AM

Wednesday

9–11?AM 4:30–6:30?PM

Thursday

9–11?AM 4:30–6:30?PM

Friday

9–11?AM

Saturday

9–11?AM

Sunday

9–11?AM

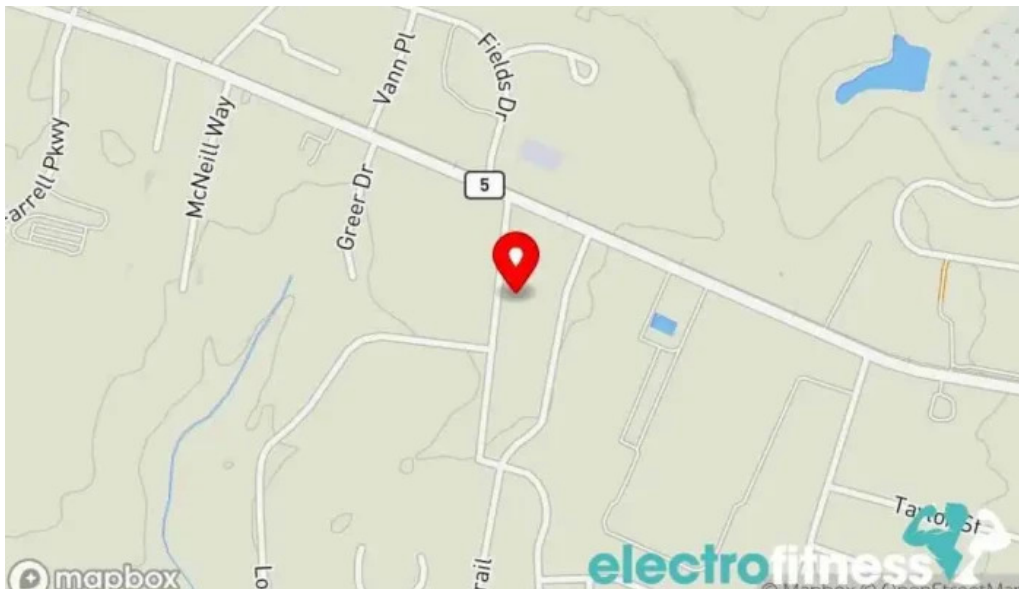
The website is [MamasteFit](#)

In case you want to adjust any element that you consider is not precise concerning this portal, we urge you to send a message and we will correct it as soon as possible. Thank you in advance thank you very much.

Images



Mamastefit street view 360



Mamastefit map



Mamastefit by owner



Mamastefit all



Mamastefit aberdeen

Tags

Wheelchair-accessible car park, Identifies as women-owned, Wheelchair-accessible entrance, From the business, Online classes, Identifies as veteran-owned, Wheelchair-accessible seating, On-site services, Amenities, Accessibility, Service options, Toilet

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