

Fortitudine (Flexibility. Strength. Cardio) - Anderson

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Fortitudine (Flexibility. Strength. Cardio) - Anderson

Discover Fortitudine: A Unique Physical Fitness Program in Anderson, South Carolina

Fortitudine combines ****Flexibility****, ****Strength****, and ****Cardio**** to create an empowering environment for individuals of all fitness levels. Located in Anderson, South Carolina, this program prides itself on its inclusive atmosphere, ensuring that fitness is accessible to everyone.

Accessibility Features

One of the key highlights of Fortitudine is its commitment to accessibility. The facility offers a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, making it easier for individuals with mobility challenges to participate fully in the program. This dedication to inclusivity is essential in providing a supportive fitness community.

User Experiences: The Good and the Bad

The experiences shared by participants at Fortitudine are varied, reflecting both the strengths and weaknesses of the program: - Many attendees appreciate the wide range of services available and the supportive atmosphere created by the owner, Roshonda. Clients commend her for understanding their individual needs and tailoring fitness plans accordingly, promoting a sense of community and inclusivity. One user noted, “She cares about her clients as individuals,” which adds a personal touch often lacking in conventional gyms. - However, not all experiences have been positive. Concerns regarding the program's management surfaced, particularly around communication and customer service. One client described a troubling experience about additional fees upon cancellation and unprofessional behavior from the owner, raising red flags about the operational integrity of the business.

A Supportive Fitness Community

Despite mixed reviews, many find Fortitudine to be a place of growth and empowerment. The gym is described as clean and affordable, and several users have expressed gratitude for the encouragement they receive from the staff. Comments like “You will be encouraged and strengthened by the leadership at this gym” signify that many feel motivated and supported in their fitness journeys.

KidFit and Other Programs

Additionally, programs like ****KidFit**** are designed to instill confidence and encourage physical activity among children. Parents appreciate that fitness is viewed as a holistic blend of mind, body, and soul, highlighting the program's comprehensive approach to health.

Conclusion

Fortitudine in Anderson, South Carolina, presents a unique mix of experiences in the realm of physical fitness. While there are commendable aspects, such as accessibility and community support, potential clients should weigh their options carefully, considering both positive feedback and critical reviews. For those looking for a committed and inclusive fitness experience, Fortitudine might still be worth exploring, but it's essential to approach with an awareness of all feedback presented.

We are positioned at

4128 Clemson Blvd d, 29621 Anderson, South Carolina - United States (US)

The contact phone of this **Physical fitness program** is +1864-642-5933
And if you want to send a WhatsApp, you can do so at +1864-642-5933

We look forward to seeing you at:

Day Hours
Monday

5–6:30?AM 5:30–8?PM

Tuesday

5–6:30?AM 9–10:30?AM

Wednesday

5–6:30?AM 4–7:30?PM

Thursday

9–10:30?AM 5:30–8?PM

Friday

4–7:30?PM

Saturday

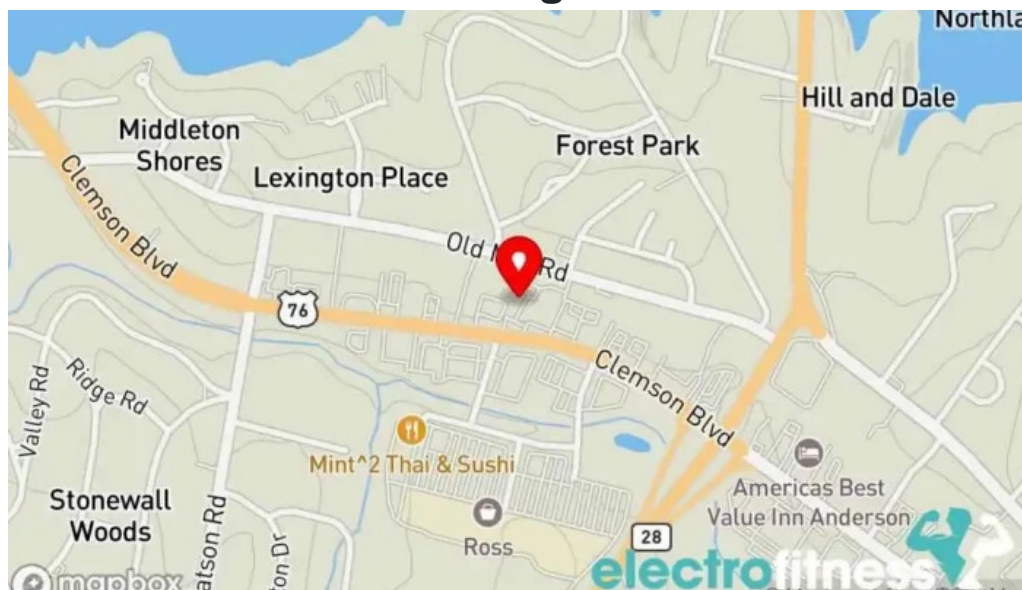
8–11?AM

Sunday

1–3?PM

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Images



Fortitude flexibility strength cardio map



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Tags

Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance

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golf course
golf instructor
grocery store
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gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
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health food store
health spa
hiking area
historical landmark
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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
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rock climbing gym
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