

Mvmntm - Concord

concord

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concord

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Explore the MVMNTM Physical Fitness Program in Concord, California

If you're looking for an exciting way to enhance your physical fitness journey, MVMNTM in Concord, California, offers an exceptional program that combines various movement disciplines, including parkour and ninja training. With a focus on accessibility and community engagement, this facility is perfect for fitness enthusiasts of all ages.

Flexible Online Classes

MVMNTM provides an option for **online classes**, allowing participants to engage in training from the comfort of their homes. This flexibility encourages continuous learning and skill development, making it easier for everyone to stay active and fit.

Safety and Comfort: Toilet Facilities and Accessibility

One standout feature of MVMNTM is its commitment to **accessibility**. The facility includes **gender-neutral toilets** and a **wheelchair-accessible car park**, ensuring that everyone feels welcome. Additionally, the **wheelchair-accessible entrance** allows for easy access to all areas of the gym.

Planning Your Visit: Appointment Required

To ensure a personalized experience, MVMNTM requires **appointment** booking in advance. This planning not only optimizes the training sessions but also allows coaches to tailor activities according to individual skill levels, making every visit fulfilling.

Engaging On-Site Services

The facility boasts a variety of **on-site services**, including expert coaching and structured classes designed to enhance physical capabilities. Feedback from parents highlights the excellent coaching, with instructors who encourage kids to push their boundaries while emphasizing safety. As one parent noted, "the instructors are phenomenal and truly a testament to dedication."

Amenities for Everyone

MVMNTM is equipped with top-notch **amenities** suited for all ages. The large gym features padded zones around obstacles, ensuring a safe environment for practicing jumps and flips. The vibrant atmosphere fosters camaraderie, creating a space where both kids and adults can enjoy training together.

A Community-Oriented Experience

Participants appreciate the supportive community at MVMNTM. The staff's welcoming attitude helps newcomers feel at ease, as evident in the experiences shared by past visitors: "Coach Brittney did a terrific job making them feel welcome and part of the group." Whether attending a class or a birthday party, families consistently report positive experiences.

Join the Fun!

If you're in Concord, California, consider joining the MVMNTM Physical Fitness Program. With engaging classes, an accommodating environment, and a focus on personal growth, MVMNTM is more than just a gym; it's a community dedicated to the art of movement. Don't miss out on the opportunity to be part of this incredible journey!

You can find us in

930 Detroit Ave STE A, 94518 Concord, California - United States (US)

The phone of said **Physical fitness program** is +1925-692-1154
And if you want to send a WhatsApp, you can do so at +1925-692-1154

Our business hours are:

Day Hours
Monday
2–8?PM
Tuesday
5:30–7:30?PM
Wednesday
9:30?AM–1:30?PM
Thursday
Closed
Friday
Closed
Saturday
4–8?PM
Sunday
2–6?PM

The website is MVMNTM

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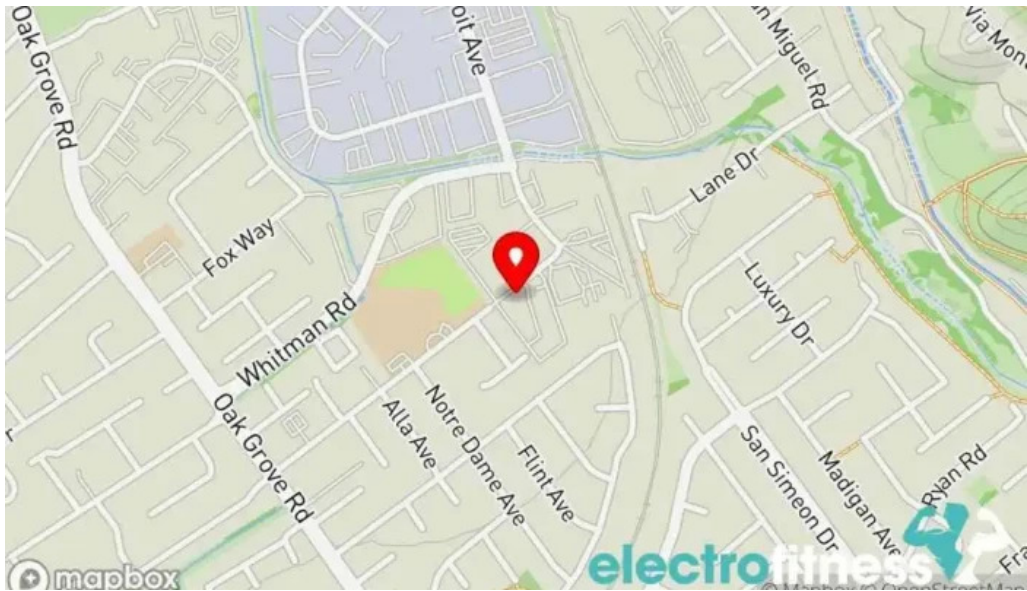
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Mvmntm physical fitness program



Mvmntm map



Mvmntm concord



Mvmntm by owner



Mvmntm all

Tags

Wheelchair-accessible car park, Toilet, Gender-neutral toilets, On-site services, Service options, Appointment required, Online classes, Wheelchair-accessible entrance, Planning, Amenities, Accessibility

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