

Built By Nando Fitness & Coaching - Oakland

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Built By Nando Fitness & Coaching - Oakland

Welcome to Built By Nando Fitness & Coaching

Built By Nando Fitness & Coaching, located in Oakland, California, is more than just a gym; it's a vibrant community where fitness enthusiasts can thrive. Whether you're a beginner or an experienced bodybuilder, this facility caters to all levels of fitness with various **service options** designed to meet your unique goals.

Accessibility and Amenities

The gym prides itself on being fully accessible to everyone. It features **wheelchair-accessible toilets**, ensuring convenience for all visitors. Additionally, the facility provides **gender-neutral toilets**, fostering an inclusive environment. The **wheelchair-accessible car park** and **free multi-storey car park** make arriving stress-free, while **paid street parking** is also available for those preferring that option.

A Unique Experience with Expert Coaching

Nando, a seasoned coach who identifies as both **Latino-owned** and **veteran-owned**, offers personalized coaching that focuses on individual progress. With firsthand experience in bodybuilding, he provides invaluable insights—his assessments are thorough and tailored, ensuring every athlete knows their strengths and areas for improvement. Many clients have expressed how his feedback has been pivotal in their training journeys.

Online Classes and Community Engagement

In addition to in-person training, Built By Nando offers **online classes**, making it easier for those who may not be able to attend the gym regularly. These sessions maintain the same level of quality and engagement as in-person classes, making it ideal for anyone looking to enhance their fitness routine from the comfort of their home.

What Clients Are Saying

Feedback from clients reveals a consistent theme: Nando's dedication to helping individuals achieve their fitness goals is unmatched. Here are just a few highlights: - "I had a great experience meeting Nando! He gave me a full tour of the gym and conducted a detailed physique assessment." - "Nando is incredibly knowledgeable and tailored his advice specifically to my structure and goals." - "The community atmosphere makes you feel at home. Everyone is supportive and friendly." These testimonials underscore the welcoming environment at Built By Nando, where athletes come together under exceptional guidance.

Join the Movement

If you're ready to take your fitness journey seriously, look no further than Built By Nando Fitness & Coaching. With state-of-the-art equipment, a passionate coaching team, and an inclusive community, this gym is dedicated to facilitating your transformation. Sign up today and discover how Nando can help you realize your potential!

Our address is

420 14th St, 94612 Oakland, California - United States (US)

The contact phone of this **Physical fitness program** is +1510-309-8228

And if you want to send a WhatsApp, you can do so at [+1510-309-8228](https://www.whatsapp.com/business/contact?phone=15103098228)

You can visit us at the following hours:

Day Hours
Monday
6?AM–8?PM
Tuesday
6?AM–8?PM
Wednesday
6?AM–8?PM
Thursday
6?AM–8?PM
Friday
8?AM–5?PM
Saturday
Closed
Sunday
6?AM–8?PM

The website is [Built By Nando Fitness & Coaching](#)

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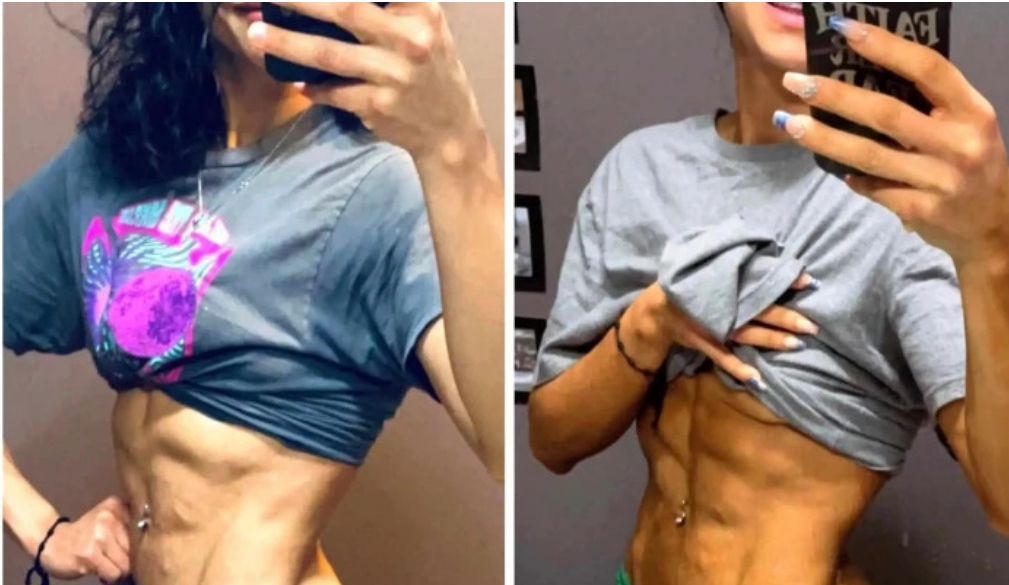
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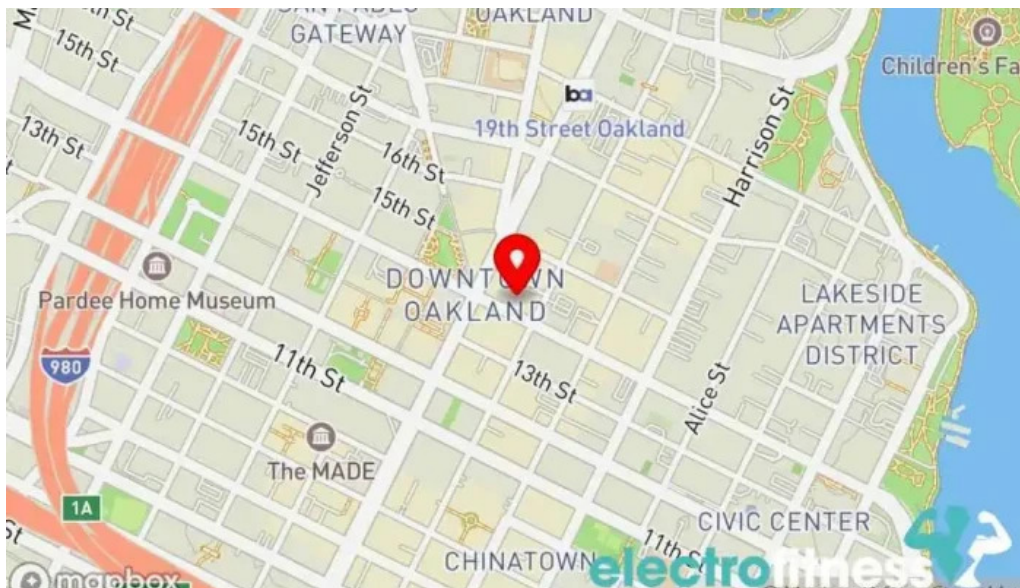
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Tags

Amenities, Identifies as Latino-owned, Gender-neutral toilets, Identifies as veteran-owned, Wheelchair-accessible toilet, Service options, Paid street parking, From the business, Accessibility, Toilet, Free multi-storey car park, Paid multi-storey car park, Parking, Online classes, Wheelchair-accessible car park

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