

Poppy Movement & Wellness - Walnut Creek

walnut creek

I'm not a robot
 

Published on: 22/03/25	Hits: 8
Comments: 0	See comments
Votes: 1	Score: 5

https://www.electrofitness.com/physical-fitness-program/walnut-creek/poppy-movement-wellness-walnut-creek_170012.php



walnut creek

Poppy Movement & Wellness - Walnut Creek

Explore the Poppy Movement & Wellness Physical Fitness Program

Poppy Movement & Wellness, located in Walnut Creek, California, offers a unique and inclusive approach to physical fitness that caters to everyone, regardless of age or ability. This program is designed to help individuals rediscover their capabilities and push past perceived limitations.

Amenities that Enhance Your Experience

At Poppy Movement & Wellness, you can enjoy a variety of ****amenities****

tailored to support your fitness journey. Their facilities include: -
- **Wheelchair-accessible entrance**: Ensuring all guests can enter with ease. -
- **Wheelchair-accessible car park**: Convenient parking options for those with mobility challenges. - **Wheelchair-accessible seating**: Comfortable spaces for everyone to relax before or after workouts. - **Gender-neutral toilets**: A welcoming environment for all genders.

On-site Services and Accessibility

The center prides itself on its **on-site services** which include personalized fitness coaching. Expert trainers like Whitney are renowned for their ability to connect with clients, making fitness not just a goal but a fulfilling experience. Their approach challenges you to overcome self-doubt and achieve more than you thought possible. With a strong commitment to **accessibility**, the facility is designed to be inclusive. The staff ensures that all participants feel safe and respected, fostering an environment where everyone can thrive.

A Welcoming Environment for All

Poppy Movement & Wellness identifies as a **women-owned** business and promotes a **transgender safe space**, making it an ideal choice for members of the LGBTQ+ community. The curriculum emphasizes inclusivity and respect, ensuring that everyone feels comfortable working out in a supportive atmosphere.

Planning Your Visit

Before visiting, it's essential to note that an **appointment is required** for certain classes. This allows for a more personalized experience and ensures that each participant receives attention tailored to their needs. Whether you're coming solo or with friends, expect to join a community that values connection and encouragement. The diverse **crowd** here adds to the positive energy, making every session a celebration of health and well-being. In conclusion, Poppy Movement & Wellness stands out not only for its comprehensive fitness programs but also for its dedication to creating an accessible, inclusive, and empowering environment for everyone. It's truly a recommended destination for anyone looking to reignite their fitness journey, no matter their age or background.

We are positioned at

2910 Camino Diablo Suite 130, 94597 Walnut Creek, California - United States (US)

Our opening hours are:

Day Hours
Monday
10?AM–7?PM
Tuesday
8:30?AM–4?PM
Wednesday
Closed
Thursday
Closed
Friday
8:30?AM–12?AM
Saturday
Closed
Sunday
8:30?AM–6?PM

The website is [Poppy Movement & Wellness](#)

In case you want to change any information that you consider is not precise regarding this portal, we kindly request deliver a message so that we will correct it quickly. With anticipation thanks for your cooperation.

Images



Poppy movement wellness walnut creek



Poppy movement wellness street view 360deg



Poppy movement wellness map



Poppy movement wellness by owner



Poppy movement wellness all

Tags

Wheelchair-accessible seating, Crowd, Transgender safe space, Toilet, Planning, Wheelchair-accessible car park, Accessibility, LGBTQ+ friendly, Appointment required, Service options, From the business, Gender-neutral toilets, Identifies as women-owned, Wheelchair-accessible entrance, Amenities, On-site services

Related content

5.0 * *The Movement Lab - Youngsville*

5.0 * *Integrated Movement - Valparaiso*

3.7 * *Portage Township Ymca - Portage*

5.0 *	<i>Aerial Arts by Avery - Aberdeen</i>
4.9 *	<i>Royce and Pam Money Student Recreation and Wellness Center - Abilene</i>
4.2 *	<i>Spenga - Valparaiso</i>
5.0 *	<i>United Athletics Fitness - Littlestown</i>
5.0 *	<i>Advanced Wellness School - Aberdeen</i>
5.0 *	<i>Collective Wellness of Abilene - Abilene</i>
5.0 *	<i>Triforce Training - Valparaiso</i>

Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boxing gym
boxing ring
church
coffee shop
community center
convenience store
country club
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hair salon
health consultant
hospital
hotel
indoor cycling

jujitsu school
karate school
kickboxing school
martial arts club
martial arts school
non-profit organization
personal trainer
physical fitness program
physical therapy clinic
pilates studio
public educational institution
recreation center
rock climbing gym
school district office
shooting range
sports complex
sports school
tennis club
thrift store
vitamin & supplements store
wellness center
yoga studio