


J Ramirez Sports Performance - Yonkers

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yonkers

J Ramirez Sports Performance - Yonkers

Discovering J Ramirez Sports Performance in Yonkers, New York

If you are looking for a premier **physical fitness program**, look no further than J Ramirez Sports Performance. Located in the heart of Yonkers, New York, this training facility is not only tailored for athletes but is also accessible to everyone, featuring a **wheelchair-accessible entrance** and **wheelchair-accessible car park**.

A Track Record of Success

Joel Ramirez, the head coach, has garnered praise from parents and athletes alike. Families have shared stories of how their children improved significantly under Joel's guidance: **Strength and Conditioning:** Joel has an exceptional ability to develop tailored training programs. As one parent noted, "My son has been training with Joel for the past 5 years. His performance has increased with every year of training." **Injury Recovery:** Athletes recovering from injuries have found great success. One individual said, "I tore my Achilles' tendon in 2020, and he got me back on my feet in no time!" **Customized Nutrition Plans:** Joel's approach often includes nutrition. One parent remarked, "Joel created individual nutrition and exercise plans for my children, resulting in each losing 15 pounds."

A Nurturing Environment for All Athletes

The facility prides itself on being inclusive and supportive. With a focus on both physical and mental growth, Joel instills confidence in his trainees. As one family expressed, "J Ramirez Sports is the best thing that ever happened to my son. It has been a game changer not only physically but mentally as well."

Commitment to Accessibility

At J Ramirez Sports Performance, accessibility is a priority. The **wheelchair-accessible car park** and entrance ensure that everyone can benefit from the training programs offered. This commitment to making fitness accessible reflects the facility's understanding of the diverse needs of its community.

Join the J Ramirez Sports Performance Family

Whether you are an aspiring athlete or someone looking to enhance your fitness journey, J Ramirez Sports Performance offers a welcoming environment equipped with the knowledge and expertise to help you achieve your goals. With rave reviews like "The best trainer around" and "Excellent sports performance trainer for High School athletes," it's clear that Joel and his team are dedicated to maximizing each athlete's potential. Make the decision today to transform your physical fitness. Visit J Ramirez Sports Performance in Yonkers and experience the difference for yourself!

We are positioned at

127 N Broadway, 10701 Yonkers, New York - United States (US)

The phone of said **Physical fitness program** is +1786-678-6088
And if you want to send a WhatsApp, you can do so at +1786-678-6088

Our business hours are:

Day Hours
Monday
Closed
Tuesday
8?AM–9?PM
Wednesday
8?AM–9?PM
Thursday
8?AM–9?PM
Friday
8?AM–9?PM
Saturday
8?AM–9?PM
Sunday
8:30?AM–12?PM

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Images



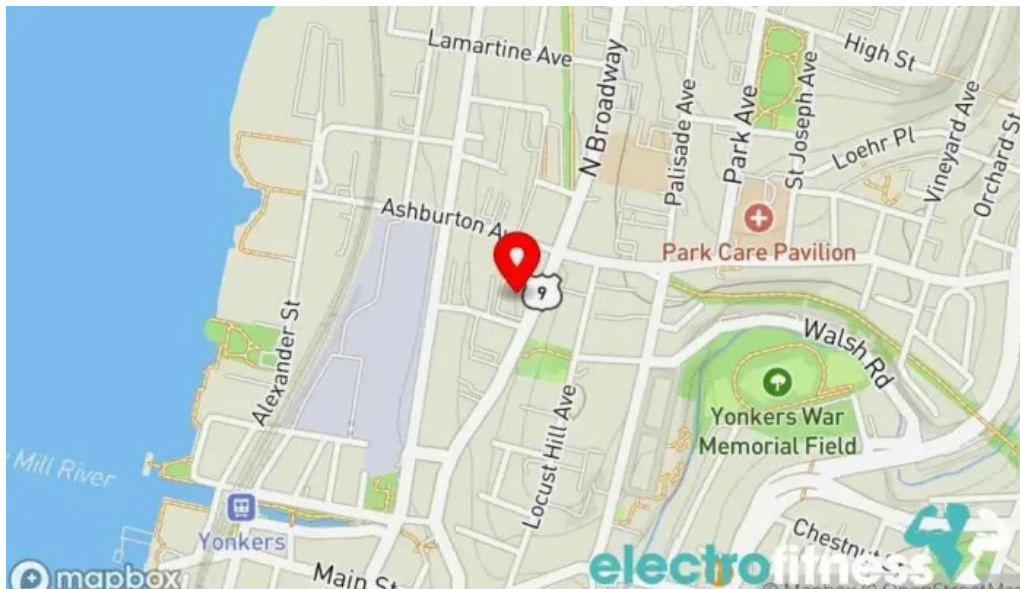
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J ramirez sports performance street view 360deg



J ramirez sports performance physical fitness program



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Tags

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

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corporate office
counselor
country club
coworking space
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dance club
dance company
dance school
day spa
disability services and support organization
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dollar store
educational institution

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fitness equipment wholesaler
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foot care
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golf club
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golf instructor
grocery store
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gymnasium school
gymnastics center
gymnastics club
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health consultant
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hiking area
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store

muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
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water park
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