

Athena Fit Training & Weight Loss - Addison - Addison

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Athena Fit Training & Weight Loss: Your Path to Transformation in Addison, Texas

Athena Fit Training & Weight Loss is not just another weight loss service; it's a community where individuals can thrive and achieve their health goals. Located in Addison, Texas, this facility is dedicated to providing inclusive and comprehensive fitness solutions for everyone, including the LGBTQ+ community.

Accessible Facilities for Everyone

Athena Fit Training is committed to accessibility. The gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all members can access the facilities without any barriers. Additionally, the facility boasts a **wheelchair-accessible toilet**, making it convenient for individuals with mobility challenges. This focus on accessibility reflects Athena's dedication to creating an inclusive environment for all clients.

A Women-Owned Business with a Commitment to Empowerment

Identifying as a **women-owned** business, Athena Fit Training stands out in the fitness industry. Athena's personal approach to coaching resonates with many clients, who find her not only knowledgeable and professional but also incredibly motivating. One client expressed, "Athena is so beautiful inside and out. She has motivated me in my 60s to get and stay fit for life. Health is everything!!" This testimonial highlights the empowering atmosphere that Athena creates for all her clients.

A Supportive Environment for All

At Athena Fit Training, every individual is welcomed with open arms. The facility is known for being **LGBTQ+ friendly**, making it a safe space for everyone. Clients not only come to work out, but they also join a supportive community where they are encouraged to share their journeys and experiences.

Personalized Coaching for Maximum Results

Many clients have benefitted from Athena's personalized coaching. One satisfied customer mentioned, "Athena coached me for two physique shows. She was incredibly thorough in planning my diet and everything else that I would need to do for my shows." Athena's meticulous attention to detail ensures that each client receives a tailored plan that suits their individual needs.

Encouragement and Emotional Support

The journey to achieving fitness goals can be challenging, but Athena's constant support makes all the difference. Clients appreciate that she frequently checks in to track their progress and emotional well-being. As one testimonial reads, "Knowing someone believes in you is so crucial when you run into challenges. It pushes you to the next level." This level of dedication sets Athena apart and emphasizes the importance of mental health in the fitness industry.

Join the Athena Fit Family Today!

If you are looking for a comprehensive weight loss service that prioritizes inclusivity, accessibility, and personal growth, look no further than Athena Fit Training & Weight Loss in Addison, Texas. Whether you are new to fitness or seeking to enhance your existing regimen, Athena is here to guide you every step of the way. Join the crowd of satisfied clients and start your transformative journey today!

The address of our establishment is

3801 Vitruvian Way, 75001 Addison, Texas - United States (US)

You can visit us at the following hours:

Day	Hours
Monday	5:30AM–6:30PM
Tuesday	5:30AM–1:00PM
Wednesday	7:30AM–12:00PM
Thursday	Closed
Friday	5:30AM–6:30PM
Saturday	5:30AM–6:30PM
Sunday	5:30AM–6:30PM

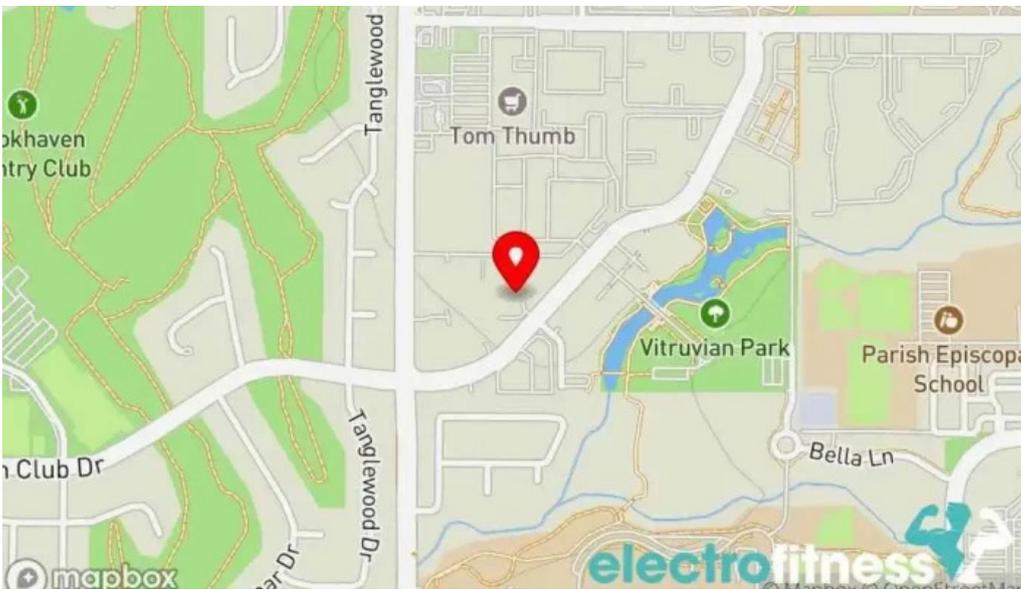
The website is [Athena Fit Training & Weight Loss - Addison](#)

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Tags

From the business, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Wheelchair-accessible car park, LGBTQ+ friendly, Accessibility, Identifies as women-owned, Crowd

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