

## Life in Motion Gym - Pittsburgh

pittsburgh

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#### **Discover Life in Motion Gym: A Women-Owned Wellness Center in Pittsburgh**

Life in Motion Gym, a **\*\*women-owned\*\*** wellness center located in the heart of Pittsburgh, Pennsylvania, stands out as a beacon of holistic health and accessibility. This gym is not just a place to exercise; it's a community focused on improving the quality of life for all its members.

#### **Accessibility for Everyone**

At Life in Motion, ensuring **\*\*accessibility\*\*** is a top priority. The facility boasts a

**\*\*wheelchair-accessible entrance\*\***, allowing individuals with mobility challenges to enter comfortably. Furthermore, the gym features a **\*\*wheelchair-accessible toilet\*\*** and a **\*\*wheelchair-accessible car park\*\***, making it easier for everyone to participate in various programs.

## **Exceptional Therapy Services**

The testimonials from the clients highlight the exceptional care provided by the skilled therapists at Life in Motion. One client remarked, “The therapists here are exceptional, patient, and very knowledgeable.” This dedication to client care is particularly important for individuals seeking physical therapy for conditions like Parkinson's disease. Many have expressed their appreciation for the tailored approach that addresses specific needs and goals.

## **A Supportive and Knowledgeable Team**

The staff at Life in Motion Gym is another reason for its growing reputation. Clients consistently commend the team for being “very knowledgeable and helpful” and for treating each individual holistically. One user shared, “They see me as a whole person!” This approach ensures that every member receives the attention and respect they deserve.

## **A Variety of Engaging Programs**

Life in Motion offers a wide range of programs designed to cater to different fitness levels and needs. From engaging chair yoga classes to personalized strength training sessions, there's something for everyone. One participant noted, “I really enjoyed the one-on-one support and guidance of the physical therapists during our chair yoga classes!” This kind of engagement fosters not only physical health but also a sense of belonging within the community.

## **Join a Wonderful Atmosphere**

The overall atmosphere at Life in Motion Gym is described as “wonderful.” The facility is run by highly qualified owners who are driven by a genuine desire to help people enhance their lives. As one enthusiastic client stated, “These ladies are driven by their want to help people improve their quality of life!!! Everyone is welcome!”

## **Conclusion**

Life in Motion Gym is more than just a fitness center; it's a welcoming community committed to making wellness accessible to all. With its focus on expertise, kindness, and inclusivity, it stands as a model for what a modern wellness center should be. Whether you're looking to enhance your physical health or find supportive therapy, Life in Motion is ready to help you on your journey. Come and check it out!

**The address of our establishment is**

3735 Saxonburg Blvd First Floor, 15238 Pittsburgh, Pennsylvania - United States (US)

The contact phone of the mentioned **Wellness center** is +1412-213-8524

And if you want to send a WhatsApp, you can do so at +1412-213-8524

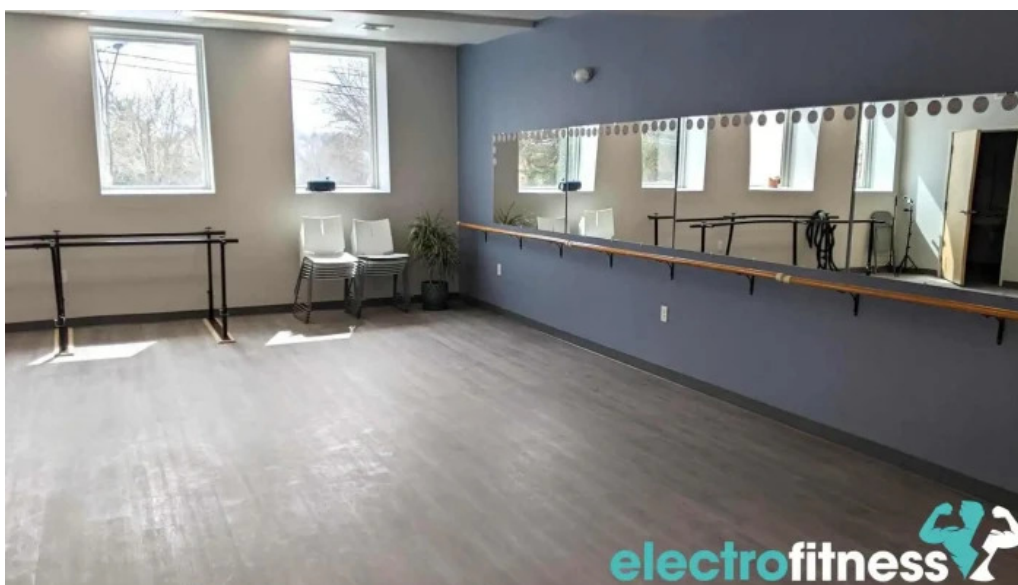
The website is Life in Motion Gym

In case you want to change any information that you think is incorrect concerning this portal, we kindly request send a message and we will fix it quickly. In advance thanks for your cooperation.

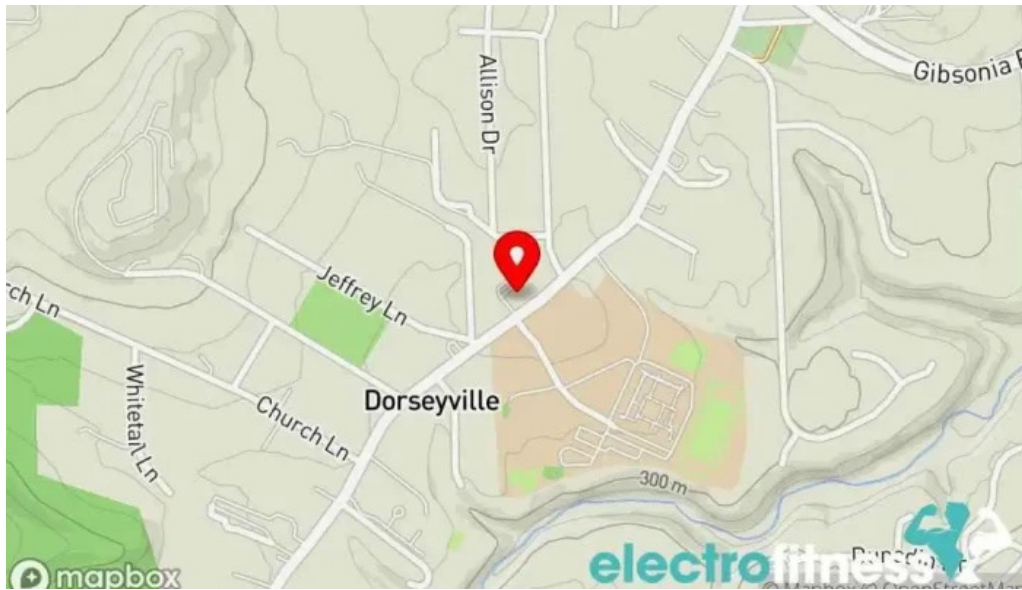
## Images



*Life in motion gym street view 360deg*



*Life in motion gym pittsburgh*



*Life in motion gym map*



*Life in motion gym by owner*





*Life in motion gym all*

## Tags

*Wheelchair-accessible toilet, Wheelchair-accessible car park, Identifies as women-owned, From the business, Wheelchair-accessible entrance, Accessibility*

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arena
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basketball club
basketball court
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boxing club
boxing gym
boxing ring
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chiropractor
church
club
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college
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coworking space
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educational institution

elementary school
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facial spa
firearms academy
fitness
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fitness equipment wholesaler
food producer
foot care
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golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
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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
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic



sports nutrition store
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swimming pool
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