

Kel-Bel's Fitness and Coaching - Alabaster

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Welcome to Kel-Bel's Fitness and Coaching

Located in Alabaster, Alabama, ****Kel-Bel's Fitness and Coaching**** is a women-only personal training gym that is redefining the fitness experience for women. With a focus on community, support, and individualized workouts, Kelly, the head trainer, offers a variety of services aimed at helping women achieve their health and fitness goals.

Accessibility Features

At Kel-Bel's Fitness, accessibility is a priority. The facility features a ****wheelchair-accessible entrance**** and ****wheelchair-accessible toilets****, ensuring that everyone feels welcome. Additionally, there is a ****wheelchair-accessible car park**** available for ease of access. This thoughtful planning allows members to focus solely on their fitness without any barriers to entry.

Amenities and Services

The gym offers a well-maintained environment equipped with all essential amenities, ensuring comfort during workouts. Not only is the equipment top-notch, but the atmosphere is also relaxed and free of judgment. Members appreciate the small group sessions where they can receive personalized attention from Kelly, making every workout both effective and enjoyable.

Class Options and Online Availability

Kel-Bel's Fitness provides a diverse range of ****fitness classes**** tailored for women at various fitness levels, from beginners to those who are more experienced. Additionally, ****online classes**** are offered for those who prefer to work out from home. Scheduling is flexible, and ****appointments are recommended**** to ensure that every member gets the most out of their fitness journey.

Community Support and Atmosphere

One of the standout features of Kel-Bel's is the supportive community of women who work out together. Members often share that they feel a sense of camaraderie and friendship, making every workout feel like a gathering of supportive friends. The atmosphere is described as welcoming and uplifting, creating a safe space for women to challenge themselves without the intimidation found in many traditional gyms.

Personalized Fitness Experience

Kelly's approach to personal training is thorough and individualized. She tailors workouts to meet the specific needs of each member, addressing personal fitness goals and any chronic pain issues. Many members have noted significant improvements in their strength, energy levels, and overall well-being after joining.

Why Choose Kel-Bel's Fitness?

Kel-Bel's Fitness and Coaching stands out as a fantastic option for women looking for a personalized, community-focused, and accessible fitness experience. With a range of services, a commitment to inclusivity, and a strong emphasis on supportive relationships, it is no wonder that members highly recommend this unique gym. Join Kelly and the rest of the Kel-Bel's family to embark on your fitness journey today!

The address of our establishment is

112 Market Center Dr, 35007 Alabaster, Alabama - United States (US)

The contact phone of the respective **Women's personal trainer** is +1205-346-1647

And if you want to send a WhatsApp, you can do so at +1205-346-1647

We are open during the following hours:

Day Hours
Monday

4:30?AM–8:30?PM

Tuesday

4:30?AM–8:30?PM

Wednesday

4:30?AM–8:30?PM

Thursday

4:30?AM–8:30?PM

Friday

4:30?AM–8:30?PM

Saturday

4:30?AM–8:30?PM

Sunday

4:30?AM–8:30?PM

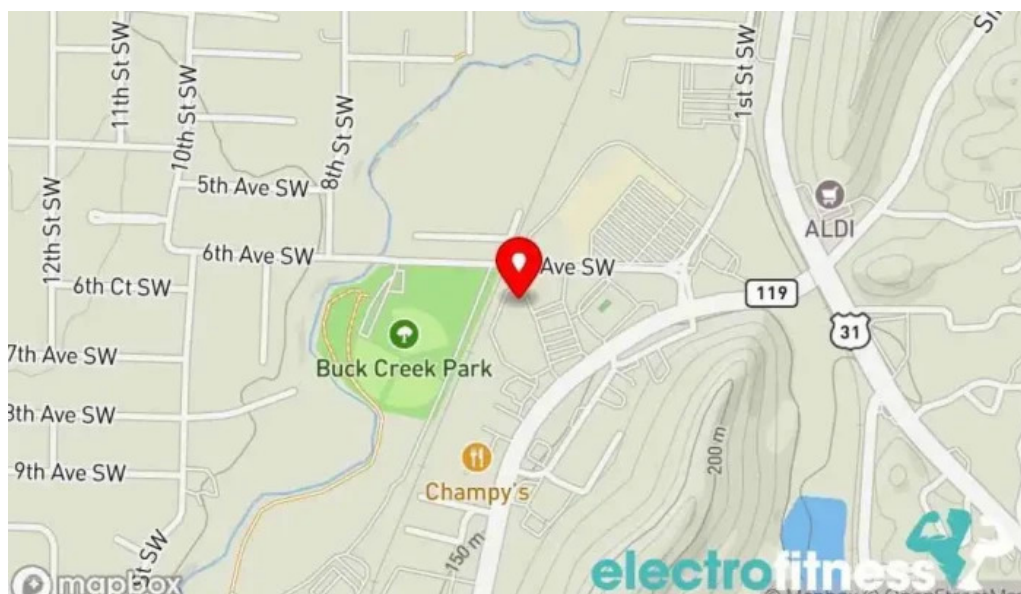
The website is Kel-Bel's Fitness and Coaching

If you need to adjust any element that you think is not precise related to this page, we kindly request send us a message and we will handle it as soon as possible. Thank you in advance thanks for your cooperation.

Images



Kel bels fitness and coaching street view 360deg



Kel bels fitness and coaching map



Kel bels fitness and coaching inside



Kel bels fitness and coaching by owner



Kel bels fitness and coaching all



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Tags

Planning, Wheelchair-accessible toilet, Accessibility, Amenities, Toilet, Wheelchair-accessible entrance, Service options, Wheelchair-accessible car park, Online classes, Appointments recommended

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