

## Chicago Movement Studio - Alsip

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## Chicago Movement Studio - Alsip

### Discover Chicago Movement Studio: A Unique Fitness Center in Alsip, Illinois

Chicago Movement Studio is not just another gym; it's a transformative fitness center dedicated to enhancing both physical and mental health. Located in Alsip, Illinois, this studio stands out for its inclusive approach to fitness, offering a **\*\*wheelchair-accessible car park\*\*** that ensures everyone can participate in their journey towards improved well-being.

### Personalized Training with Expert Guidance

At Chicago Movement Studio, clients have praised the personalized training experience offered by Jose, a highly knowledgeable and inspiring coach. One member shared, "Jose understands my health, lifestyle, and goals journey!" This level of attention makes it easy for individuals to develop a workout routine tailored specifically to their needs, whether they are beginners or seasoned athletes.

## **A Community Focused on Growth and Support**

The community at Chicago Movement Studio is described as warm and supportive, making it an ideal environment for anyone looking to improve their fitness. "I have seen the Chicago Movement grow into a very supportive community!" one member noted. This sense of belonging motivates members to push their limits and embrace new challenges, such as handstands and muscle-ups.

## **Holistic Approach to Fitness**

Unlike conventional gyms, Chicago Movement Studio emphasizes a holistic approach to fitness. Members learn to balance strength training with flexibility and mobility work, leading to significant improvements in overall quality of life. As one participant highlighted, "The hard work I am doing at the gym pays off in day-to-day life!"

## **For All Ages and Abilities**

Chicago Movement Studio is designed for individuals of all ages and abilities. Whether you are a young athlete or someone looking to maintain health, the welcoming atmosphere encourages everyone to engage in a lifelong movement practice. With activities that challenge both the mind and body, the studio fosters personal growth in a unique way.

## **Why Choose Chicago Movement Studio?**

1. **\*\*Expert Instruction\*\***: Jose's extensive knowledge and compassionate coaching style make each session engaging and productive. 2. **\*\*Tailored Programs\*\***: Training plans are crafted to suit individual goals, making it accessible for everyone. 3. **\*\*Inclusive Environment\*\***: The wheelchair-accessible car park and welcoming community ensure that all feel comfortable participating. 4. **\*\*Transformative Experience\*\***: Members frequently report increased confidence and strength, promoting a healthier lifestyle outside the gym. In conclusion, if you are looking for a fitness center that prioritizes personal growth and community support, Chicago Movement Studio in Alsip, Illinois is the perfect place. With expert guidance from Jose and a commitment to accessibility, this studio empowers individuals to achieve their fitness goals while enjoying the journey.

**You can visit us at the address:**

5822 W 118th St, 60803 Alsip, Illinois - United States (US)

The contact phone of this **Fitness center** is +1708-275-5831

And if you want to send a WhatsApp, you can do so at +1708-275-5831

### **Our service hours are:**

Day Hours  
Monday

8:30?AM–7?PM

Tuesday

8:30?AM–7?PM

Wednesday

8:30?AM–7?PM

Thursday

8:30?AM–1?PM

Friday

8?AM–4?PM

Saturday

Closed

Sunday

8:30?AM–1?PM

The website is Chicago Movement Studio

If you wish to update any information that you think is not accurate regarding this web, we kindly request forward a message so we can we will adjust it quickly. In advance thank you very much.

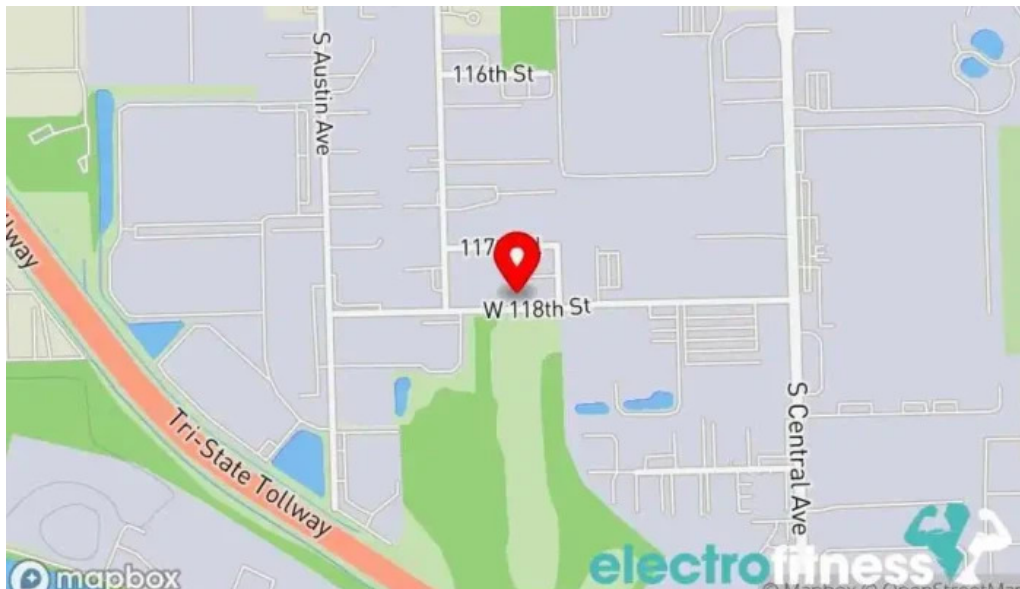
## **Images**



*Chicago movement studio videos*



*Chicago movement studio street view 360deg*



*Chicago movement studio map*



*Chicago movement studio gym*





*Chicago movement studio fitness center*



*Chicago movement studio by owner*



*Chicago movement studio alsip*



*Chicago movement studio all*

## Tags

*Wheelchair-accessible car park, Accessibility*

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**4.4 \*** *Revel Movement formerly known as Ophidia Studio - Boise*

**4.9 \*** *Pure Movement Pilates Studio - Fort Wayne*

**4.9 \*** *Vantage Movement - Wheat Ridge*

<b>4.7 *</b>	<i>Path Movement - Littleton</i>
<b>5.0 *</b>	<i>Mindful Movement Dc - Washington</i>
<b>4.9 *</b>	<i>Calle Movement - Santa Fe</i>
<b>5.0 *</b>	<i>The Movement Lab - Youngsville</i>
<b>5.0 *</b>	<i>Elevate Movement and Strength - Acworth</i>
<b>4.8 *</b>	<i>New Moon Movement &amp; Meditation - Quincy</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
cafe
children's party service
chiropractor
church
club
coffee shop



college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital

hotel
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
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
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school

yoga instructor
yoga studio
youth center
youth organization