

## Five Diamond Fitness & Wellness - Dallas

dallas

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dallas

### *Five Diamond Fitness & Wellness - Dallas*

#### **Welcome to Five Diamond Fitness & Wellness in Dallas, Texas**

Five Diamond Fitness & Wellness stands out as a premier fitness center committed to inclusivity and personalized care. Located in Dallas, this fitness center is designed for individuals from all walks of life, ensuring that everyone feels comfortable and welcomed.

#### **Accessibility and Inclusivity**

Understanding the importance of accessibility, Five Diamond Fitness offers a **\*\*wheelchair-accessible car park\*\*** and **\*\*wheelchair-accessible entrance\*\***. This

commitment ensures that everyone can enjoy their fitness journey without barriers. As a **transgender safe space**, the facility promotes positivity and inclusivity, making it an inviting environment for the LGBTQ+ community.

## **Membership and Services**

While **membership is required** to access the full range of services, Five Diamond also provides flexible options like **online classes** for those who prefer working out from home. With an array of **on-site services** such as personal training sessions with talented coaches like Alix and Naomi, clients receive tailored fitness plans that match their unique goals.

## **Client Experiences and Success Stories**

From corporate wellness events to individual training experiences, the feedback from clients illustrates the exceptional quality at Five Diamond Fitness. Clients have praised the **informative meal prep classes** led by Earnestine and Alix, highlighting the value of education in their fitness journeys. The serene atmosphere and attentive staff create an environment conducive to achieving personal goals. One client noted, "Alix is very professional and knowledgeable. He took the time to listen to my fitness goals and assess my needs." This personalized attention extends across services, ensuring every individual feels valued. Furthermore, active military discounts are available, further enhancing accessibility for those serving our country.

## **Tailored Fitness and Nutrition Programs**

The robust menu of offerings includes not just personal training but also specialized nutrition packages. Earnestine, the nutritionist, has received rave reviews for her compassionate approach, particularly when working with clients from diverse backgrounds. One satisfied client mentioned, "Earnestine educates you on why you should be thinking about replacing specific foods with other healthy options," emphasizing the focus on sustainability rather than restrictive diets. The facility also offers various massage therapies that clients describe as "the best ever experienced," thanks to the skilled massage therapist Anna, who provides therapeutic sessions tailored to individual needs.

## **Commitment to Wellness**

At Five Diamond Fitness, the philosophy centers around holistic health—integrating physical fitness, mental well-being, and nutritional support. Clients report not only physical transformations but also improvements in mental clarity and emotional health. One individual shared, "I'm in the best shape of my life," and attributed their success to the dedicated coaching style at Five Diamond Fitness.

## **Join the Five Diamond Community**

If you are looking to embark on a fitness journey that prioritizes your unique

needs and celebrates diversity, consider visiting Five Diamond Fitness & Wellness. With a welcoming atmosphere, expert trainers, and a commitment to inclusivity, your path to wellness starts here. Schedule your appointment today and discover what makes Five Diamond a true gem in the world of fitness centers.

### **Our address is**

2727 Lyndon B Johnson Fwy Suite 416, 75234 Dallas, Texas - United States (US)

The contact line of this **Fitness center** is +1972-919-0776

And if you want to send a WhatsApp, you can do so at +1972-919-0776

### **You can visit us at the following hours:**

Day	Hours
Monday	6?AM–9?PM
Tuesday	6?AM–9?PM
Wednesday	6?AM–6?PM
Thursday	Closed
Friday	6?AM–9?PM
Saturday	6?AM–9?PM
Sunday	6?AM–9?PM

The website is Five Diamond Fitness & Wellness

If necessary to change any element that you believe is incorrect related to this portal, we kindly request send us a message so that we will handle it promptly. Thank you in advance we appreciate it.

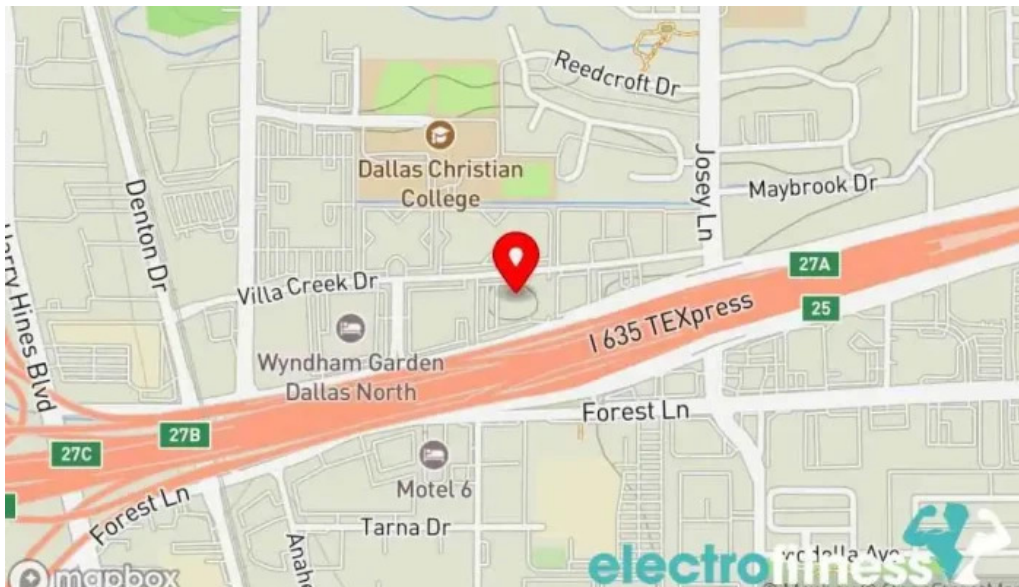
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## Tags

*Planning, Membership required, Identifies as Black-owned, Wheelchair-accessible car park, Highlights, On-site services, Active military discounts, Online classes, Service options, Outdoor services, LGBTQ+ friendly, Transgender safe space, Wheelchair-accessible entrance, Appointment required, From the business, Crowd, Accessibility*

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spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
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