


## Freeport Mind-Body Fitness/Gyrotonic Studio in Freeport, Maine - Freeport freeport

☐ I'm not a robot
 

Published on: 30/05/25	Hits: 60
Comments: 0	See comments
Votes: 6	Score: 5

[https://www.electrofitness.com/fitness-center/freeport/freeport-mind-body-fitness-gyrotonic-studio-in-freeport-maine-freeport\\_353386.php](https://www.electrofitness.com/fitness-center/freeport/freeport-mind-body-fitness-gyrotonic-studio-in-freeport-maine-freeport_353386.php)



*freeport*

## *Freeport Mind-Body Fitness/Gyrotonic Studio in Freeport, Maine - Freeport*

### Discover Freeport Mind-Body Fitness: A Unique Gyrotonic Studio in Freeport, Maine

If you're looking for a transformative fitness experience, look no further than **Freeport Mind-Body Fitness/Gyrotonic Studio**. Located in the picturesque town of Freeport, Maine, this studio offers a holistic approach to wellness that is

gaining attention for its innovative methods and exceptional instructors.

## **A Warm Welcome with Accessibility in Mind**

One of the standout features of Freeport Mind-Body Fitness is the **free of charge street parking** available to visitors. For those who require additional convenience, there's also a **wheelchair-accessible car park**, ensuring that everyone has easy access to the studio. Clients have spoken highly of the **free parking lot**, which makes planning your visit both straightforward and hassle-free.

## **Expert Instruction Tailored to Your Needs**

The studio's classes focus on Gyrotonics, a unique method that promotes spinal mobility and overall well-being. As one client shared, "Since being introduced to Gyrotonics, my sciatica has completely disappeared and I feel a new connection between my spine and overall wellbeing." Such testimonials highlight the competence of the instructors, particularly Kyung-sun, who is praised for her talent and knowledge.

The personalized approach is evident in the one-on-one sessions offered, which are highly recommended for anyone dealing with chronic pain or aiming to improve their physical health. Another client noted, "Initially, I joined Freeport Mind-Body Fitness instead of going to PT for a pinched nerve... Now I enjoy the Duo class with a friend." This speaks volumes about the studio's ability to cater to individual needs through tailored instruction.

## **Creating a Supportive Community**

Beyond just physical improvements, clients emphasize the supportive environment fostered at the studio. "This is a wonderful practice & studio for growing in body awareness, strength, and healing," one client remarked, praising the enthusiasm and patience of the instructors. The camaraderie built among participants adds an invaluable layer to the experience, making every visit enjoyable.

## **Planning Your Visit: Appointment Required**

To ensure you receive the best possible instruction, **appointment required** sessions are encouraged. This allows instructors to focus on your specific needs, whether you're seeking relief from chronic pain or striving to enhance your overall strength and flexibility.

## **Why Choose Freeport Mind-Body Fitness?**

With years of experience under their belts, instructors like Kyung-sun and Stacey provide an outstanding educational journey in Gyrotonics. As one long-term client expressed, Kyung-sun "is incredibly knowledgeable as to what one needs to develop strength, balance, and connection." Her dedication to expanding the services available ensures an enriching experience for all. In conclusion, if you're in Freeport, Maine, and seeking a transformative approach to fitness and well-being, consider making Freeport Mind-Body Fitness your next destination. With convenient parking options, expert instruction, and a welcoming atmosphere, this studio is poised to change your life, just as it has for many others.

### **The business is situated at**

15 Main St #13, 04032 Freeport, Maine - United States (US)

The phone number of the mentioned **Fitness center** is +1207-841-5770

And if you want to send a WhatsApp, you can do so at +1207-841-5770

### **We are open during the following hours:**

Day	Hours
Monday	9?AM–3?PM 4–5?PM
Tuesday	7:45?AM–3?PM
Wednesday	Closed
Thursday	Closed
Friday	9?AM–3?PM
Saturday	7:45?AM–3?PM
Sunday	9?AM–3?PM 5–6:30?PM

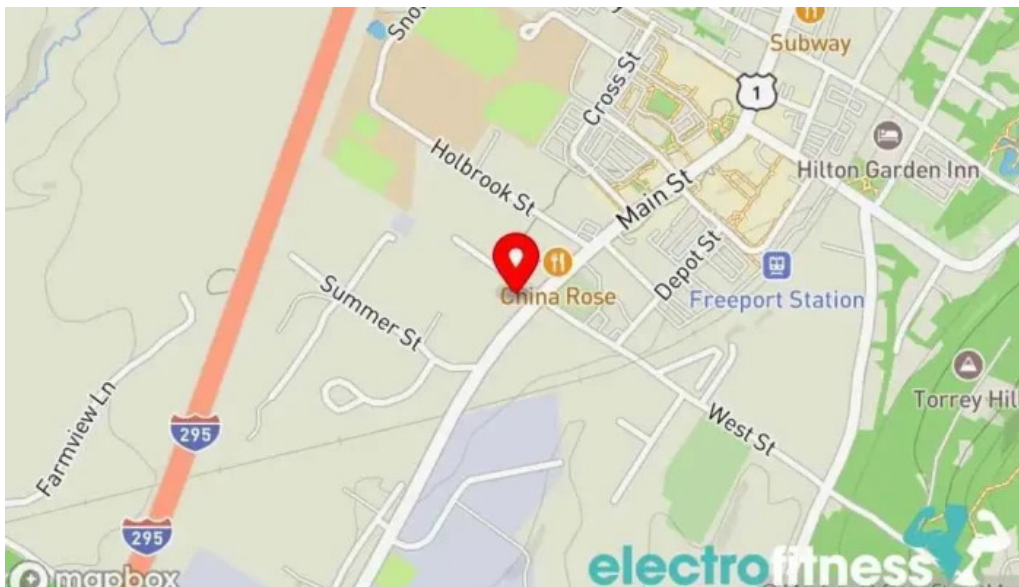
The website is Freeport Mind-Body Fitness/Gyrotonic Studio in Freeport, Maine

In case you want to change any information that you believe is not precise concerning this site, please deliver a message so we can we will fix it quickly. With anticipation thank you very much.

## Images



*Freeport mind body fitnessgyrotonic studio in freeport maine street view 360deg*



*Freeport mind body fitnessgyrotonic studio in freeport maine map*





*Freeport mind body fitnessgyrotonic studio in freeport maine gym*



*Freeport mind body fitnessgyrotonic studio in freeport maine by owner*



*Freeport mind body fitnessgyrotonic studio in freeport maine all*



*Freeport mind body fitness gyrotonic studio in freeport maine freeport*

## Tags

*Wheelchair-accessible car park, Planning, Appointment required, Free of charge street parking, Accessibility, Free parking lot, Parking*

## Related content

---

**5.0 \*** *Body, Mind, and Chrome - Altoona*

---

**4.8 \*** *Mind Body and Soul Fitness - Valencia*

---

**3.8 \*** *The Mind-Body Disciple - Alamo*

---

**5.0 \*** *One Love Mind Body - Aberdeen*

<b>5.0 *</b>	<i>Mind Body Fitness Personal Training - Agoura Hills</i>
<b>4.8 *</b>	<i>Mind Body Spirit Fitness - Waldorf</i>
<b>5.0 *</b>	<i>Mind Body Physical Therapy - Zephyr Cove</i>
<b>3.6 *</b>	<i>Healthy Mind and Body of the Rockies - Centennial</i>
<b>4.5 *</b>	<i>Light House: Mind Body Spirit Sanctuary - Somerset</i>
<b>5.0 *</b>	<i>Body by Design Fitness Studio Alpharetta - Alpharetta</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring

buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital



golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
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 clothing and equipment shop

outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
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
specialized clinic
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
trade school
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