

Flex Fitness Center - Holland

holland

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holland

Flex Fitness Center - Holland

Discovering FLEX Fitness Center in Holland, Michigan

FLEX Fitness Center stands out as a premier destination for fitness enthusiasts in Holland, Michigan. With a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, FLEX ensures that fitness is accessible to all.

A Welcoming Atmosphere

From the moment you step inside, you'll notice the friendly and welcoming atmosphere. This ****women-owned fitness center**** prides itself on being

****LGBTQ+ friendly****, making it a space where everyone can feel accepted and supported. Many members have expressed that the ****great synergistic heart**** and energy foster a community feel, turning workouts into social experiences.

Comprehensive Service Options

FLEX offers a variety of ****on-site services****, including personal training, with many members praising trainers such as Amy for her professional and friendly guidance. The facility is known for its cleanliness and up-to-date equipment, providing everything from free weights to specialized cardio machines.

Amenities That Impress

The ****amenities**** at FLEX are impressive. Members enjoy ****Wi-Fi**** access, ensuring that they can stay connected even while working out. The gym also features various spaces catered to different workout styles: a dedicated area for boxing and MMA, powerlifting platforms, and a stretching room. Whether you're in for weight lifting or cardio, there's something for everyone.

Membership Information

While ****membership is required**** to access the various facilities, the pricing is competitive, making it one of the best values in the region. Many long-term members have made FLEX their home gym, benefiting from 24-hour access and a supportive community.

Planning Your Visit

When planning your visit to FLEX, expect a ****crowd**** that is enthusiastic but not overwhelming. Members appreciate the smaller size of the gym, which contributes to a more personal experience. If you're an early riser, you'll find that the gym is not crowded at 6 AM, allowing for a focused workout environment.

Online Classes and Community Support

For those who cannot visit in person, FLEX also offers ****online classes****, making fitness accessible to everyone, regardless of their circumstances. The strong sense of community is evident, with members often helping each other and sharing tips, creating an inclusive environment ideal for beginners and experienced fitness enthusiasts alike.

Conclusion

In summary, FLEX Fitness Center in Holland, Michigan, is more than just a gym; it's a supportive community where individuals can pursue their fitness goals in a friendly, well-equipped environment. Whether you're looking to lift weights, engage in high-energy cardio, or simply enjoy a clean and comforting space, FLEX Fitness is the place to be. Don't hesitate—visit today and experience the FLEX difference for yourself!

Our premises are located at

474 Century Ln, 49423 Holland, Michigan - United States (US)

The phone of said **Fitness center** is +1616-396-2901

And if you want to send a WhatsApp, you can do so at +1616-396-2901

We are open during the following hours:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is FLEX Fitness Center

If you wish to modify any detail that you feel is not correct related to this web, we urge you to forward a message so we can we will adjust it at the earliest convenience. Thank you in advance thanks.

Images



Flex fitness center videos



Flex fitness center street view 360deg



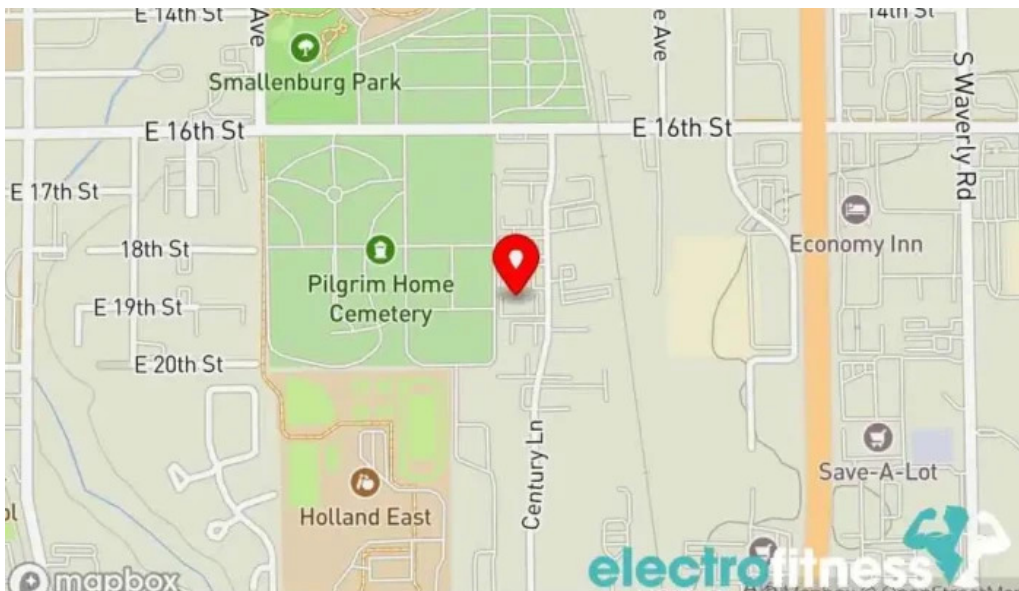
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Tags

Online classes, Amenities, LGBTQ+ friendly, Planning, Service options, Wi-Fi, From the business, On-site services, Membership required, Crowd, Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance, Identifies as women-owned

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Comments

Flex is a wonderful spot to get your sweat on. The crew there is super friendly and always ready to lend a hand. Amy, the trainer, is top-notch - she's a real motivator and extremely patient when it comes to helping you smash your fitness targets. The gym itself is spotless and perfect for all fitness levels.

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fitness equipment wholesaler
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grocery store
gym
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karate school
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rehabilitation center
resort hotel
rock climbing
rock climbing gym
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school district office
self defense school
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software company
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