

Define Fitness - Pleasant Hill

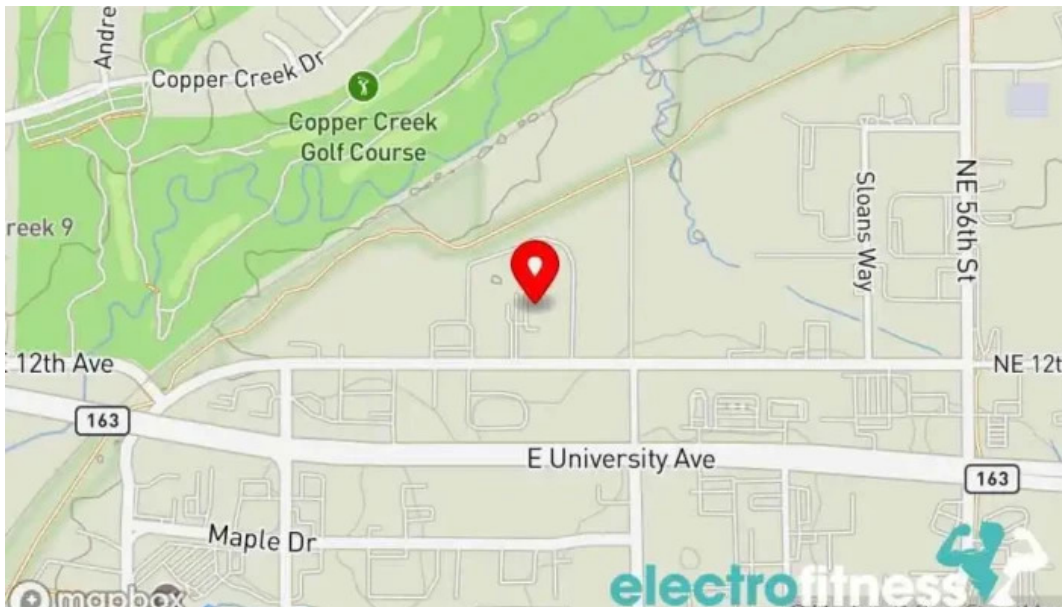
pleasant hill

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Define Fitness - Pleasant Hill

Discover Define Fitness in Pleasant Hill, Iowa

Located in the heart of Pleasant Hill, Define Fitness is a premier fitness center that prioritizes both inclusivity and community engagement. With accessible facilities and a range of classes for all fitness levels, it is an excellent choice for anyone looking to enhance their fitness journey.

Accessibility Features

Define Fitness is committed to ensuring that everyone can enjoy their state-of-the-art facilities. The center boasts a **wheelchair-accessible

entrance**, making it easy for all members to enter without any barriers. Alongside this, the **wheelchair-accessible car park** guarantees that those with mobility challenges can find convenient parking close to the entrance.

Inclusive Fitness Classes

At Define Fitness, Marigrace leads a variety of **group fitness classes** that cater to different skill levels. Whether you are a beginner or an experienced athlete, there is something for everyone. Participants have praised her ability to create a supportive environment that motivates individuals to push beyond their limits.

Customer Testimonials

Feedback from members highlights the welcoming atmosphere at Define Fitness. One satisfied customer notes, "I highly recommend Define Fitness! Marigrace teaches a great mix of group fitness classes which are great for all fitness levels." Such positive endorsements emphasize the community spirit and effectiveness of the programs available. Another member, Mr. JBC, shares, "Hey my name is Mr JBC, my friend is getting a little better keypoint in plan." This reflects the camaraderie and personal growth experienced by members as they embark on their fitness journeys together.

Join the Define Fitness Community

If you're looking for a fitness center that values accessibility and inclusivity while offering diverse fitness options, Define Fitness in Pleasant Hill, Iowa, should be at the top of your list. Embrace the opportunity to improve your health in a supportive and welcoming environment.

We are established at

5160 NE 12th Ave ste c, 50327 Pleasant Hill, Iowa - United States (US)

The contact phone of this **Fitness center** is +1641-425-6768

And if you want to send a WhatsApp, you can do so at +1641-425-6768

Visit us during the following hours:

Day Hours
Monday
5-7?AM
Tuesday
8-9:30?AM
Wednesday

Closed

Thursday

5-7?AM 4:30-7?PM

Friday

5-7?AM 4:30-7?PM

Saturday

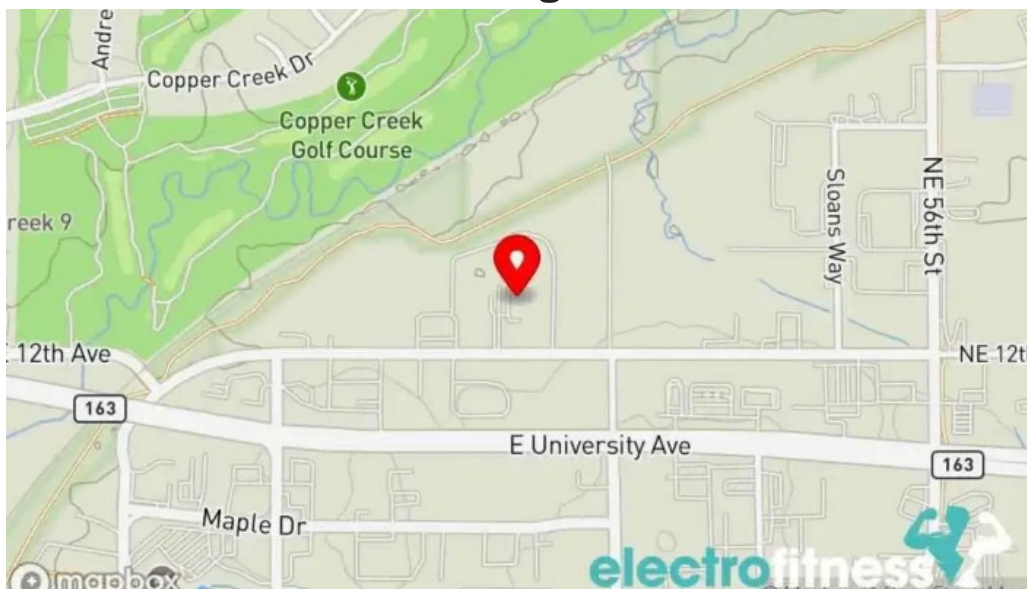
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Sunday

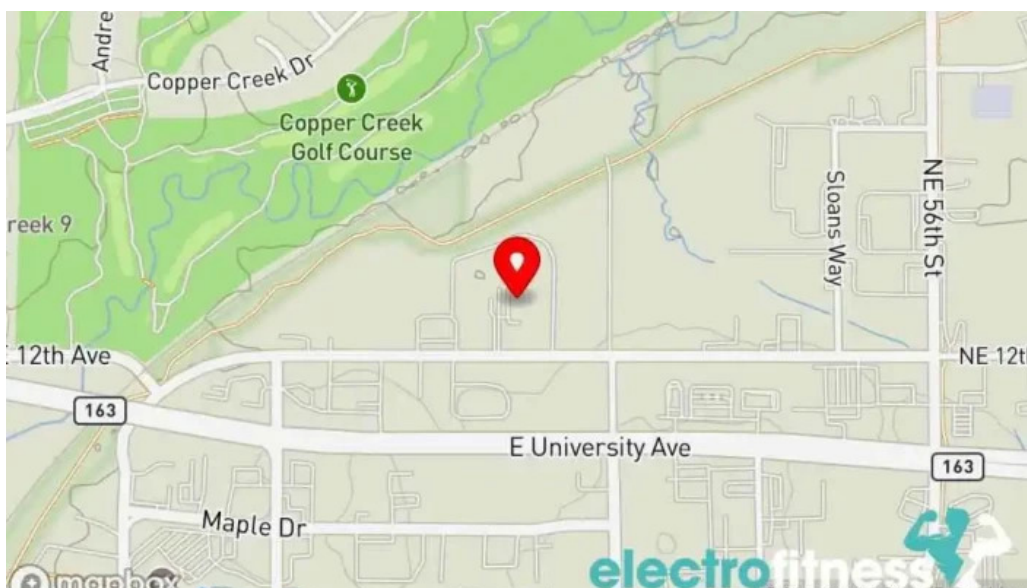
5-7?AM 4:30-7?PM

If you wish to modify any information that you think is not correct related to this web, we ask send a message so that we will adjust it quickly. Thank you in advance thank you very much.

Images



Define fitness pleasant hill



Define fitness map

Tags

Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility

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basketball court
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boxing gym
boxing ring
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chiropractor
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club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
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
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
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
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
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swimming facility
swimming instructor
swimming pool
swimming school
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wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
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