

## F13 Performance - Allentown

allentown

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## *F13 Performance - Allentown*

### **Welcome to F13 Performance: Allentown's Premier Gym Experience**

F13 Performance, located in Allentown, Pennsylvania, is not just another gym; it's a community where fitness meets support and encouragement. With top-notch amenities, this gym has everything you need to embark on your fitness journey.

### **Facilities and Amenities**

F13 Performance offers a range of **\*\*amenities\*\*** designed to enhance your workout experience. Members can enjoy high-speed **\*\*Wi-Fi\*\***, making it easy to

stay connected or stream workout videos during their sessions. The facility features **gender-neutral toilets**, ensuring a comfortable environment for everyone. Accessibility is a priority at F13 Performance. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all members can easily navigate the space.

## **Membership and Community Vibe**

A **membership is required** to take full advantage of what F13 Performance has to offer. However, the investment is well worth it, as members consistently praise the supportive atmosphere. Many testimonials highlight the welcoming nature of both the staff and fellow gym-goers, creating a family-like environment that motivates individuals to push beyond their limits.

## **Personalized Training and Support**

What sets F13 Performance apart is its focus on **personalized coaching**. Trainers, such as Peyton and Casey, are known for their attentiveness, motivating clients to set and achieve their fitness goals. Whether you're new to fitness or an experienced athlete, the trainers adapt their programs to suit individual needs, ensuring everyone feels included and challenged. Members have expressed how the trainers hold them **accountable** and inspire them to return each day, creating an environment filled with encouragement and camaraderie.

## **A Diverse Range of Classes**

With a variety of classes available, F13 Performance ensures every workout remains fun and challenging. From group training sessions that merge personalized coaching with community support to unique events such as kettlebell training with champions, there's always something happening at the gym. The facility is spacious and designed to accommodate different fitness levels, making it ideal for everyone from beginners to seasoned athletes. The positive energy in the gym allows members to thrive, motivating one another during workouts.

## **Why Choose F13 Performance?**

Choosing F13 Performance means joining a community dedicated to health and wellness. Testimonials highlight the **friendly environment**, knowledgeable coaches, and a commitment to every member's success. Whether you're looking to improve strength, endurance, or simply want a fun place to work out, F13 is the perfect fit. Make the leap toward a healthier lifestyle today. Come check out F13 Performance in Allentown, PA, and discover why so many people are raving about this incredible gym!

**Our establishment is located at**

7562 Penn Dr #160, 18106 Allentown, Pennsylvania - United States (US)

The phone number of said **Gym** is +1484-359-0923

And if you want to send a WhatsApp, you can do so at +1484-359-0923

### **Our business hours are:**

Day	Hours
Monday	5?AM–7:30?PM
Tuesday	5?AM–6:30?PM
Wednesday	8?AM–12?PM
Thursday	9–11?AM
Friday	5?AM–7:30?PM
Saturday	5?AM–7:30?PM
Sunday	5?AM–7:30?PM

The website is F13 Performance

If you require to update any detail that you consider is not correct regarding this page, we ask send us a message and we will correct it as soon as possible. Thank you in advance we appreciate it.

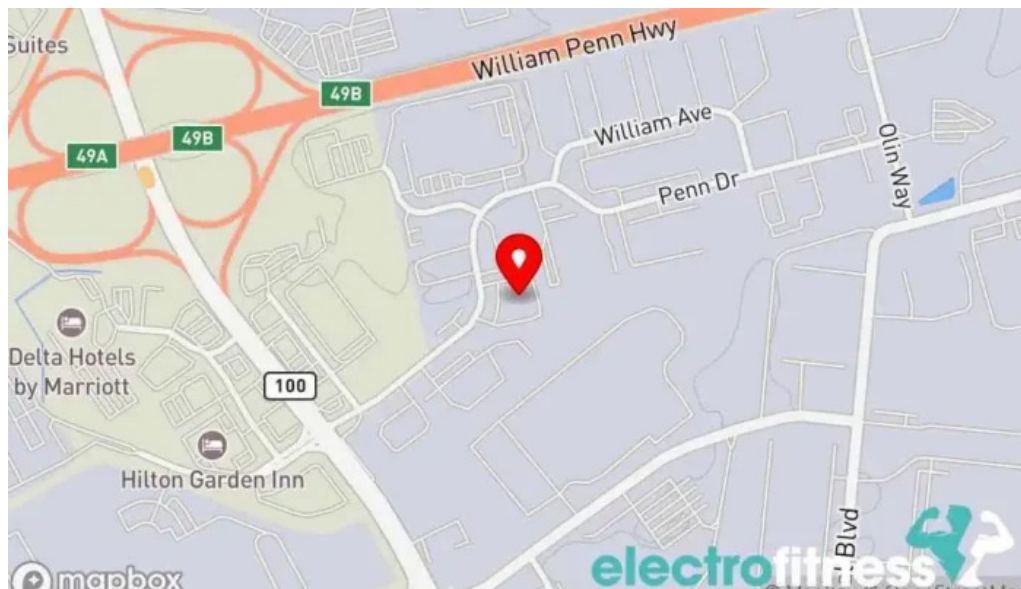
## **Images**



*F13 performance videos*



*F13 performance street view 360deg*



*F13 performance map*



*F13 performance latest*





*F13 performance gym*



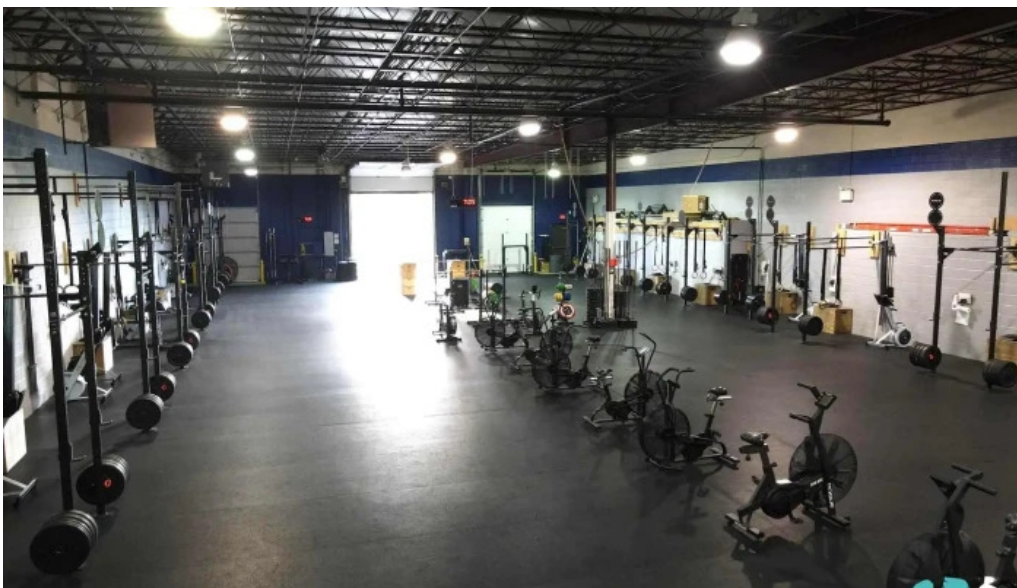
*F13 performance catalog*



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## Tags

*Gender-neutral toilets, Wheelchair-accessible entrance, Wheelchair-accessible car park, Planning, Membership required, Wi-Fi, Amenities, Accessibility*

## Related content

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**5.0 \*** *Primal Performance - Denver*

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**5.0 \*** *Yakima Sports Performance - Yakima*

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<b>4.8 *</b>	<i>Pure Performance Martial Arts &amp; Fitness Center - Rockville</i>
<b>4.7 *</b>	<i>Performance Fitness Training Hanover - Hanover</i>
<b>4.9 *</b>	<i>Peak Performance Colorado Llc - Littleton</i>
<b>5.0 *</b>	<i>Ignition Performance Coaching - Fort Wayne</i>
<b>4.9 *</b>	<i>Peak Performance Sports and Spine Physical Therapy - Yakima</i>
<b>5.0 *</b>	<i>Mb Performance Institute, Gym - Plymouth</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
children's party service
chiropractor
church
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
kenel
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
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
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization