

Farrell's eXtreme Bodyshaping - Ankeny North - Ankeny

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Welcome to Farrell's eXtreme Bodyshaping - Ankeny North

If you are looking for a vibrant and supportive fitness community, look no further than ****Farrell's eXtreme Bodyshaping**** in Ankeny, Iowa. This gym not only offers a variety of workout classes but also provides an environment that encourages personal growth and accountability.

Service Options at Farrell's

Farrell's offers numerous ****service options**** to cater to all fitness levels. From

kickboxing to strength training, you can find classes that keep you engaged and motivated. Members rave about the intensity and effectiveness of the workouts, with many appreciating the emphasis on proper form to prevent injuries.

On-site Services and Accessibility

The ****on-site services**** include state-of-the-art equipment, personal coaching, and nutrition guidance, providing a comprehensive approach to fitness. The facility is designed with accessibility in mind, featuring a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring everyone can participate in the community.

Membership Required

A ****membership is required**** to join Farrell's, but many members feel the investment is worthwhile. With excellent monthly and quarterly membership options, the value provided includes personalized coaching, community support, and opportunities for challenges and rewards, like winning up to \$1,000 through their popular 10-week challenge.

Online Classes

For those who prefer flexibility, Farrell's also offers ****online classes****. This allows members to stay connected to their fitness goals, regardless of where they are. Whether joining from home or attending in person, the commitment to a supportive and engaging atmosphere remains consistent.

Planning Your Fitness Journey

Planning your fitness journey at Farrell's is made easy with their structured programs and welcoming community. New members often report transforming their routine from mere exercise to an enjoyable lifestyle change filled with motivation and teamwork.

Community Support and Accountability

Members highlight the unique environment at Farrell's, where camaraderie thrives. Many describe it as a second family, where everyone uplifts each other, making workouts both enjoyable and fulfilling. Coaches and instructors play pivotal roles in this dynamic, providing encouragement while ensuring safety and effectiveness during each session.

Why Choose Farrell's eXtreme Bodyshaping?

Joining Farrell's isn't just about achieving fitness goals; it's about becoming part of a community dedicated to your success. Many members have experienced significant changes in their health and well-being, from weight loss to increased strength. This gym stands out for its focus on creating a positive, motivating atmosphere that welcomes individuals of all ages and experience levels. In conclusion, if you are in Ankeny, Iowa, and searching for a place to

jumpstart your fitness journey, consider ****Farrell's eXtreme Bodyshaping****. With its outstanding facilities, supportive community, and a variety of workout options, you are sure to find a path that leads to success.

You can reach us at

121 NE 18th St, 50021 Ankeny, Iowa - United States (US)

The contact phone of the respective **Gym** is +1515-963-4600

And if you want to send a WhatsApp, you can do so at +1515-963-4600

We open at the following schedule:

Day	Hours
Monday	5?AM–12?PM
Tuesday	Closed
Wednesday	7:30?AM–7:30?PM
Thursday	7:30?AM–7:30?PM
Friday	7:30?AM–7:30?PM
Saturday	7:30?AM–7:30?PM
Sunday	7:30?AM–7:30?PM

The website is Farrell's eXtreme Bodyshaping - Ankeny North

If you wish to change any element that you consider is incorrect regarding this web, please deliver a message so that we will correct it promptly. Thanks beforehand thanks.

Images



Farrells extreme bodyshaping ankeny north videos



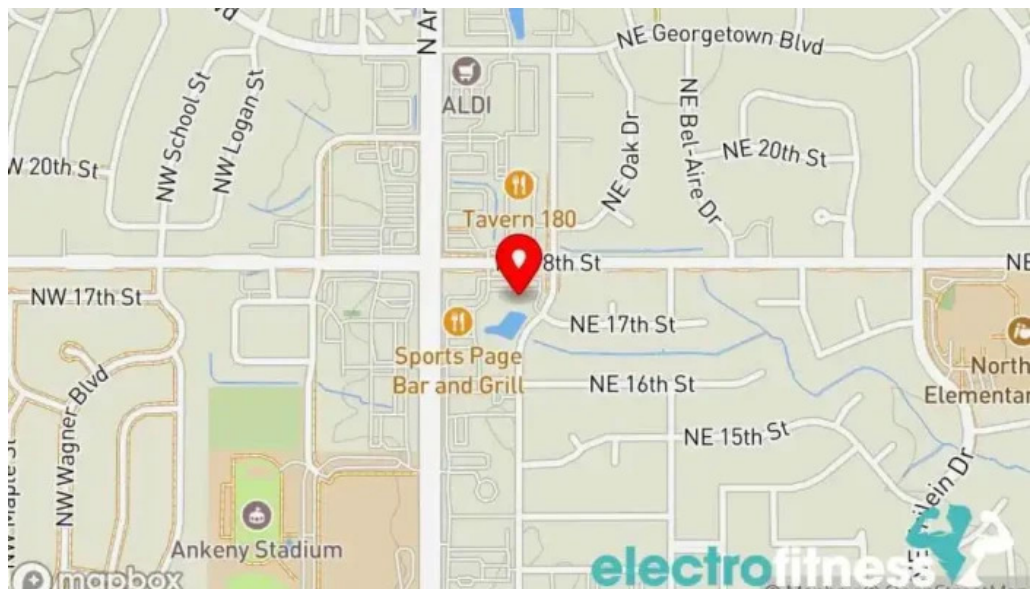
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Tags

Planning, Accessibility, On-site services, Online classes, Service options, Wheelchair-accessible car park, Membership required, Wheelchair-accessible entrance

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