


Connection Wellness Center: Personal Training Gym & Physical Therapy - Annandale

annandale

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Connection Wellness Center: Personal Training Gym & Physical Therapy - Annandale

Discover Gym Connection Wellness Center: Personal Training Gym & Physical Therapy

If you are searching for a place that combines personalized fitness training with top-notch physical therapy, look no further than **Gym Connection Wellness**

Center (CWC) in Annandale, Virginia. With various **service options** and a dedicated team of trainers, CWC caters to individuals of all fitness levels, ensuring a supportive environment that promotes overall well-being.

A Warm Welcome Awaits

The first thing you'll notice about CWC is its **wheelchair-accessible entrance** and **wheelchair-accessible toilet**, demonstrating the facility's commitment to accessibility. Whether you are coming for personal training or **on-site services**, you will find a space designed for everyone.

Comprehensive Amenities

CWC offers a range of **amenities** tailored to enhance your experience. The **wheelchair-accessible car park** ensures convenience upon arrival, while the meticulously cleaned facilities create a welcoming atmosphere for all members. Clients consistently praise the supportive community fostered by the trainers, showcasing the gym's focus on individual needs.

Tailored Personal Training Experience

At CWC, your journey begins with an initial consultation to discuss goals and challenges. Clients report that trainers like Rachel, Dion, and Cody take a genuine interest in their progress. From modifying workouts to accommodate injuries to checking in on your experience, the trainers ensure that each session feels personal and fulfilling. As one client put it, **"From my initial consultation... I couldn't have done it without him."** This level of care translates into positive outcomes, making exercise enjoyable rather than a chore.

Innovative Training & Outdoor Services

CWC also offers **outdoor services**, taking advantage of the beautiful Virginia weather to make workouts refreshing and engaging. The trainers use creative approaches to adapt exercises based on client needs. One client shared, **"I find that I want to come back for my next session,"** highlighting how enjoyable and rewarding the tailored programming can be.

Flexible Scheduling and Online Classes

To meet diverse needs, appointments are required for training sessions, ensuring personalized attention. Additionally, CWC provides **online classes** for those who prefer working out from home. This flexibility allows clients to engage with their fitness routines, regardless of their circumstances.

A Community Built on Support

More than just a gym, CWC fosters a family-like atmosphere where clients feel supported. Trainers and staff actively encourage members to push their limits while listening to their concerns. Testimonials highlight this supportive culture, noting how trainers understand their clients' physical limitations, ensuring safety and effectiveness in every workout.

Your Journey to Wellness Starts Here

Whether you're seeking to regain strength post-injury, improve your balance, or simply embrace a healthier lifestyle, Gym Connection Wellness Center is equipped to guide you every step of the way. Clients rave about their experiences, with many attributing their success to the trainers' expertise and dedication. Find out why so many consider CWC a gem in the DMV area, and take the first step towards achieving your fitness goals today!

Join the thriving community at CWC, where each session encourages growth and empowerment. Don't miss the opportunity to improve your quality of life through fitness!

You will find us at

4113 John Marr Dr Suite A, 22003 Annandale, Virginia - United States (US)

The contact line of the mentioned **Gym** is +1703-951-7111

And if you want to send a WhatsApp, you can do so at +1703-951-7111

We open at the following schedule:

Day Hours

Monday

Closed

Tuesday

6:30?AM–6?PM

Wednesday

6:30?AM–6?PM

Thursday

6:30?AM–6?PM

Friday

6:30?AM–6?PM

Saturday
6:30?AM–6?PM
Sunday
Closed

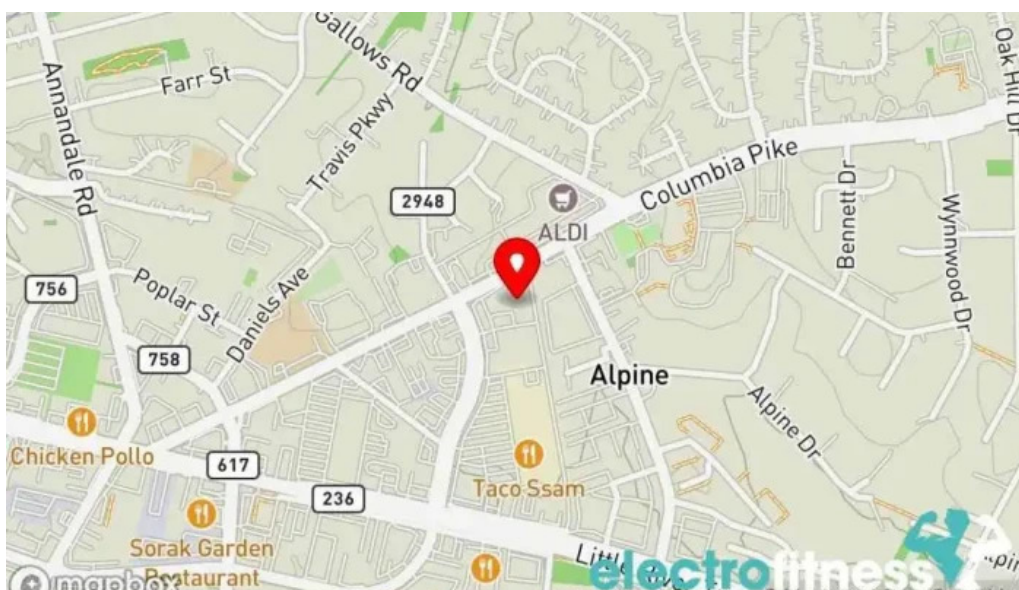
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Tags

Wheelchair-accessible entrance, On-site services, Wheelchair-accessible toilet, Toilet, Service options, Appointment required, Accessibility, Wheelchair-accessible car park, Amenities, Online classes, Planning, Outdoor services

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indoor cycling
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indoor lodging
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kinesiologist
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trade school
training centre
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