

## 1cor6:19 Fitness - Breinigsville

breinigsville

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## *1cor6:19 Fitness - Breinigsville*

### **Welcome to 1COR6:19 Fitness in Breinigsville, Pennsylvania**

If you're searching for a gym that emphasizes not only physical fitness but also mental and spiritual well-being, look no further than **\*\*1COR6:19 Fitness\*\***. Located in Breinigsville, this unique fitness center stands out for its commitment to holistic health, making it a special place for individuals seeking a supportive community.

### **Accessibility for Everyone**

At 1COR6:19 Fitness, accessibility is a top priority. The facility features a

**\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can participate in their fitness journey. This inclusive approach allows members of all abilities to enjoy the various services offered.

### **Diverse Offerings Tailored to Your Needs**

1COR6:19 Fitness provides an extensive range of **\*\*service options\*\*** designed to cater to different fitness goals. Whether you are interested in private training, group classes, or individual workouts, the team led by owners **\*\*Niki and Devon\*\*** has something for everyone. Their approach is personal; they take the time to understand each member's needs and tailor programs accordingly. In addition to traditional workouts, the gym offers **\*\*online classes\*\***, making it easy to stay on track regardless of your schedule. This flexibility allows members to engage with the community and maintain their fitness goals even at home.

### **Experience Relaxation and Recovery**

A standout feature of 1COR6:19 Fitness is its **\*\*sauna\*\***, which offers red light therapy benefits. This service supports muscle recovery, improves respiratory function, and helps maintain immune resilience. Not only does it enhance your fitness routine, but it also promotes overall wellness, making it an essential part of the gym experience.

### **A Community Like No Other**

What truly sets 1COR6:19 Fitness apart is its welcoming atmosphere. Members frequently describe the gym as feeling like family. The encouragement and support from trainers and fellow members create a vibrant community where everyone is motivated to succeed. Comments from patrons highlight the caring nature of the staff, emphasizing that Niki and Devon genuinely invest in the well-being of each client.

### **Transformative Personal Training**

For those looking for specialized guidance, personal training sessions at 1COR6:19 Fitness are exceptional. Niki's background in physical therapy ensures that workouts are customized to fit the unique needs of each individual. Many members have reported experiencing life-changing results, including weight loss, improved core strength, and increased overall fitness levels.

### **Join the Fitness Family Today!**

With a focus on self-care and mindfulness, 1COR6:19 Fitness invites you to try a class and experience the difference for yourself. The gym not only promises to enhance your physical health but also aims to nourish your spirit and mind. Don't miss your chance to become part of this inspiring community!

### **Visit 1COR6:19 Fitness**

Whether you're a beginner or an experienced fitness enthusiast, 1COR6:19

Fitness welcomes you with open arms. With a commitment to accessibility, diverse offerings, and a focus on holistic health, this gym is truly a gem in Breinigsville, Pennsylvania. Come discover how you can transform your body, mind, and spirit!

**You can come to our business at**

1044 Trexlertown Rd Suite 108, 18031 Breinigsville, Pennsylvania - United States (US)

The phone of the mentioned **Gym** is +1610-978-5118

And if you want to send a WhatsApp, you can do so at +1610-978-5118

**Our business hours are:**

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–6?PM
Wednesday	8?AM–1?PM
Thursday	Closed
Friday	6?AM–8?PM
Saturday	6?AM–8?PM
Sunday	6?AM–8?PM

The website is 1COR6:19 FITNESS

In case you want to adjust any element that you consider is not accurate about this page, we kindly request send a message so that we will fix it as soon as possible. With anticipation thank you very much.

**Images**

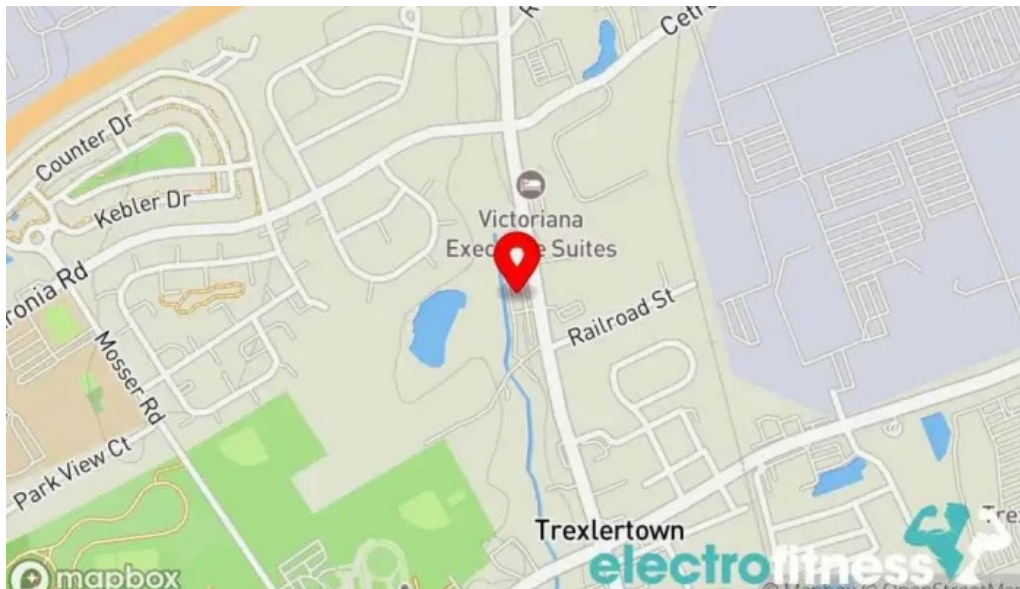


*1cor619 fitness street view 360deg*



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*1cor619 fitness map*



*1cor619 fitness gym*



*1cor619 fitness exercise machine*



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## Tags

*Offerings, Sauna, Service options, Accessibility, Online classes, Wheelchair-accessible entrance, Wheelchair-accessible car park*

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health food store
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karate school
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