

Shane's Fitness - Garden City

garden city



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garden city

Shane's Fitness - Garden City

Discover Shane's Fitness in Garden City, Idaho

Shane's Fitness is a premier destination for those looking to enhance their fitness journey in Garden City, Idaho. With a strong reputation among its clients, this gym stands out not only for its quality training but also for its accommodating facilities.

Accessibility Features

One of the key highlights of Shane's Fitness is its commitment to inclusivity. The gym boasts a ****wheelchair-accessible entrance**** and a

****wheelchair-accessible car park****, ensuring that all individuals have the opportunity to engage in fitness activities without barriers. This consideration makes it an ideal choice for everyone, including those with mobility challenges.

Personalized Training Sessions

Clients rave about their experiences at Shane's Fitness. Many have trained with Shane for over a year and have seen significant strength gains and visible results. His extensive knowledge of health, fitness, and bodybuilding shines through during each session. > “Training sessions with Shane help me build strength and form while he also answers any health related questions I have.” This level of personalized attention is what sets Shane apart. Whether you are a newcomer to the gym or a seasoned athlete, Shane adapts exercises to meet individual needs and strengths.

Community and Environment

The private studio atmosphere in Garden City fosters a supportive community. Clients appreciate the blend of private training sessions and group workouts, creating an environment where motivation thrives. > “I couldn’t be happier with my experience! The training sessions are personalized, motivating, and have helped me reach my fitness goals.” With fair pricing and a welcoming environment, Shane's Fitness breaks down the intimidation often associated with gyms.

Nutrition and Holistic Support

Shane offers more than just workout routines; he provides valuable nutritional advice as well. Clients benefit from a holistic approach to fitness that encompasses both exercise and diet. > “He not only provides help with workout routines, but also gives advice on what nutritional benefits you need.” This comprehensive support ensures that members not only achieve their fitness goals but maintain a healthy lifestyle overall.

Conclusion

If you’re in the Boise area and looking for a personal trainer, look no further than Shane's Fitness. With its ****wheelchair-accessible entrance**** and ****car park****, knowledgeable trainers, and a positive training environment, Shane’s Fitness is equipped to help individuals of all backgrounds succeed in their fitness endeavors. Highly recommended by satisfied clients, it's time to take the next step in your fitness journey!

You can find us at

4935 N Bradley St, 83714 Garden City, Idaho - United States (US)

The contact line of the mentioned **Gym** is +1208-391-1381

And if you want to send a WhatsApp, you can do so at [+1208-391-1381](https://wa.me/12083911381)

We look forward to seeing you at:

Day	Hours
Monday	10?AM–8?PM
Tuesday	10?AM–8?PM
Wednesday	10?AM–8?PM
Thursday	10?AM–8?PM
Friday	10?AM–8?PM
Saturday	10?AM–8?PM
Sunday	10?AM–8?PM

The website is [Shane's Fitness](#)

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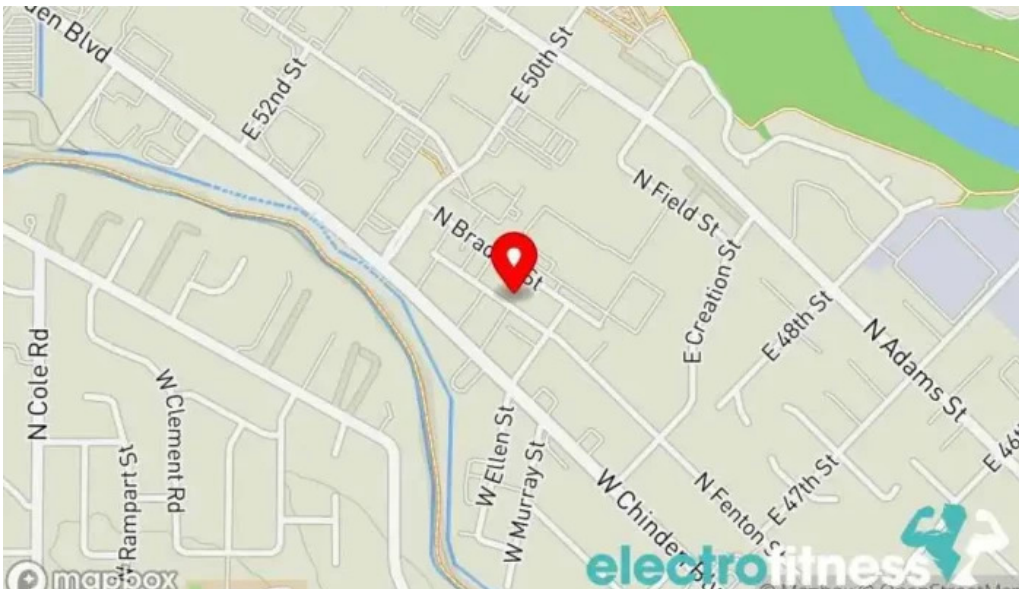
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Shanes fitness street view 360deg



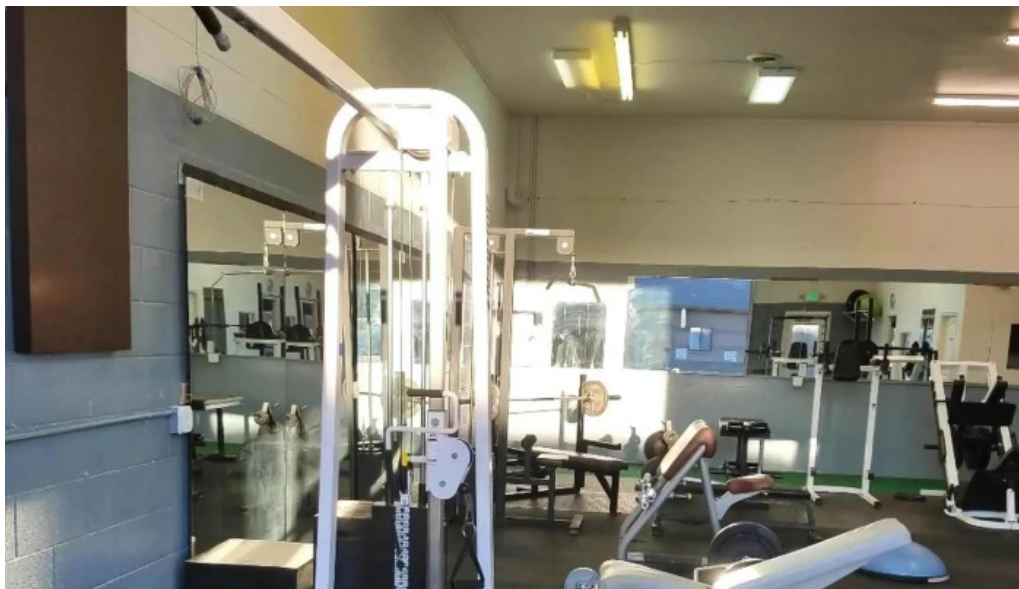
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Tags

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

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