

Fit Heart & Soul - Gardnerville

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| Published on: 20/05/25 | Hits: 8 |
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https://www.electrofitness.com/gym/gardnerville/fit-heart-soul-gardnerville_314849.php



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Fit Heart & Soul - Gardnerville

Welcome to Gym Fit Heart & Soul in Gardnerville, Nevada

If you are looking for a fitness center that combines accessibility and expert instruction, look no further than **Gym Fit Heart & Soul**. Located in the heart of Gardnerville, this gym is designed to accommodate everyone, ensuring that you can achieve your fitness goals in a supportive environment.

Accessibility for Everyone

One of the key features of **Gym Fit Heart & Soul** is its commitment to accessibility. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it easy for all members to enter and enjoy their workout experience. Whether you have mobility challenges or simply prefer a more convenient access point, this gym has you covered.

Planning Your Visit

To make the most of your time at Gym Fit Heart & Soul, planning is essential. It is important to note that an **appointment is required** for certain classes, particularly those that offer specialized training. This ensures that you receive personalized attention and guidance during your workout sessions.

Service Options for All Needs

Gym Fit Heart & Soul offers a variety of **service options**, including both **online classes** and **on-site services**. This flexibility allows members to choose how they want to engage with their fitness journey. Whether you prefer the convenience of working out at home or the motivation of an on-site class, the gym caters to your preferences.

The Pilates Experience with Christina

One of the standout offerings at Gym Fit Heart & Soul is pilates, led by the highly regarded instructor, Christina. Members rave about her expertise in **form and technique**, emphasizing that she prioritizes safety to prevent injuries. As one member notes, "She is tough on those who want a challenge and soft on those who need low impact." Christina's classes cater to all fitness levels, ensuring that everyone leaves feeling **strong, stretched, and balanced**.

Join the Community

If you're ready to take a step towards a healthier lifestyle, consider joining Gym Fit Heart & Soul. With its focus on accessibility, planning, and exceptional instruction, this gym is a perfect choice for everyone in Gardnerville, Nevada. Don't miss the opportunity to experience the supportive community and expert guidance available at Gym Fit Heart & Soul.

Our establishment is located at

1267 U.S. Hwy 395 N Suite F, 89410 Gardnerville, Nevada - United States (US)

The contact phone of said **Gym** is +1775-781-1007

And if you want to send a WhatsApp, you can do so at +1775-781-1007

We open at the following schedule:

Day Hours

Monday

7?AM–12?PM 4–6:15?PM

Tuesday

8?AM–12?PM 4–6:15?PM

Wednesday

7?AM–12?PM 3–6:15?PM

Thursday

8?AM–12?PM 4–6:15?PM

Friday

7?AM–12?PM

Saturday

Closed

Sunday

Closed

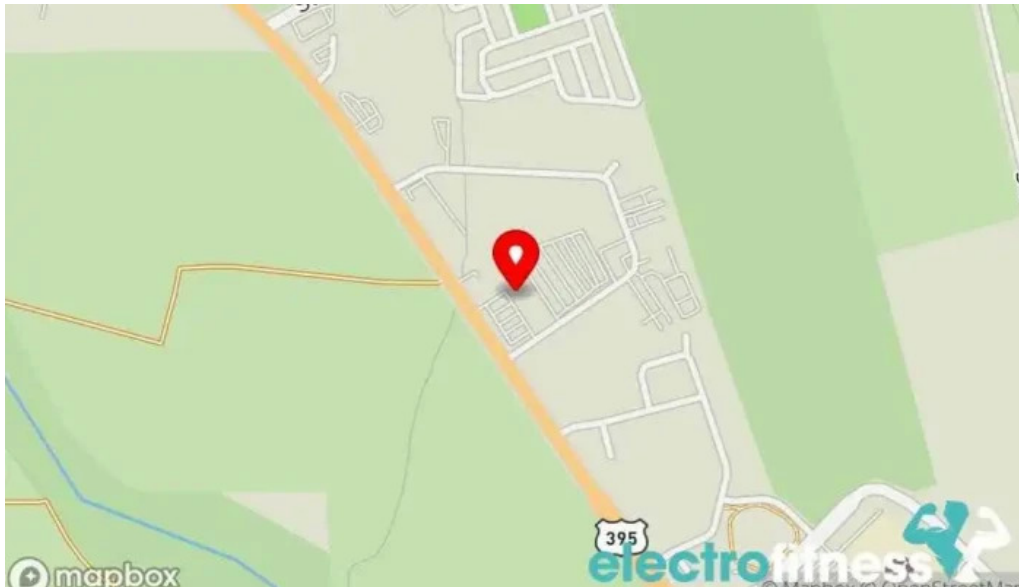
The website is [Fit Heart & Soul](#)

If necessary to alter any data that you think is not accurate related to this portal, we ask deliver a message and we will fix it quickly. Thank you in advance thanks for your cooperation.

Images



Fit heart soul street view 360deg



Fit heart soul map



Fit heart soul gardnerville



Fit heart soul by owner



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Tags

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

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| 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 |
| cafe |
| children's party service |
| chiropractor |
| church |
| club |
| coffee shop |

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| karate school |
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| kickboxing school |
| kinesiologist |
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| martial arts club |
| martial arts school |
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| rehabilitation center |
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| self defense school |
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