

The Healthier Liz: Wellness and Fitness - Hampton

hampton

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hampton

The Healthier Liz: Wellness and Fitness - Hampton

The Healthier Liz: A Fitness Haven in Hampton, South Carolina

The Healthier Liz is more than just a gym; it's a sanctuary for wellness and fitness lovers in Hampton, South Carolina. With its welcoming environment and exceptional services, it has become a preferred destination for many fitness enthusiasts.

Accessibility and Convenience

One of the standout features of The Healthier Liz is its **wheelchair-accessible

car park**. This ensures that all members, regardless of their mobility challenges, can easily access the facility. The gym prioritizes **accessibility**, making it a perfect choice for everyone looking to improve their fitness level.

A Warm and Inviting Atmosphere

Visitors have consistently praised The Healthier Liz for its **peaceful** and cozy atmosphere. Many describe it as “my second home,” emphasizing how the gym feels more like a community than just a place to work out. The owners are known for being extremely kind and considerate, creating a welcoming environment that encourages members to return daily.

Commitment to Excellence

Over the past three years, The Healthier Liz has maintained a commitment to offering excellent services. Customers appreciate the cleanliness of the gym and the overall well-maintained facilities, enabling them to focus on their fitness goals without distractions.

Conclusion

The Healthier Liz in Hampton, South Carolina, is not just about physical fitness; it embodies a holistic approach to wellness. With its **wheelchair-accessible entrance** and dedication to creating an inclusive fitness space, it stands out as a leading gym in the area. Whether you're a seasoned athlete or just starting your fitness journey, The Healthier Liz is ready to welcome you with open arms.

The location of our premises is

110 3rd St NE, 29924 Hampton, South Carolina - United States (US)

The phone number of the mentioned **Gym** is +1803-842-0133

And if you want to send a WhatsApp, you can do so at +1803-842-0133

We look forward to seeing you at:

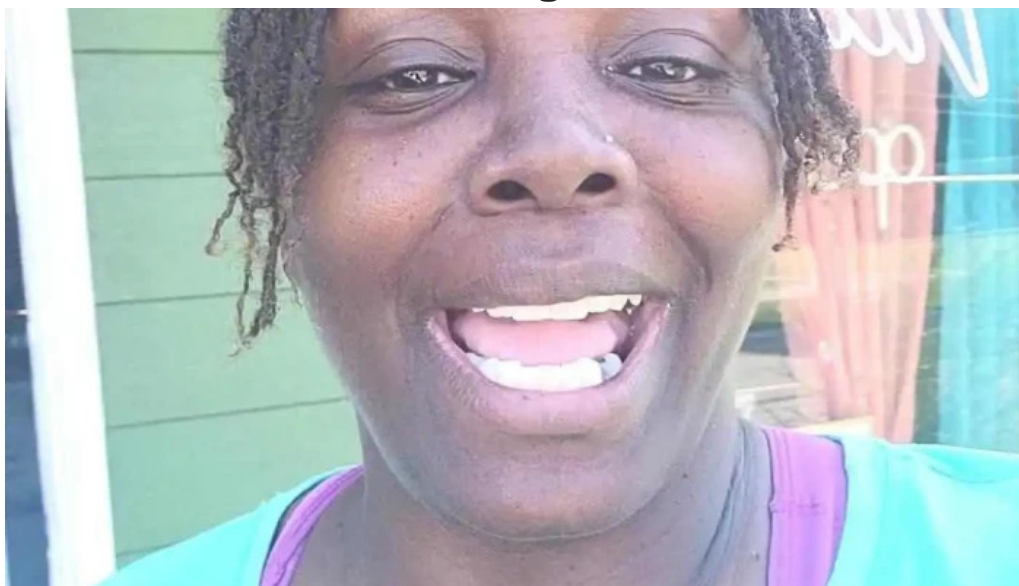
Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday

Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is [The Healthier Liz: Wellness and Fitness](#)

If necessary to update any information that you believe is incorrect about this site, we urge you to send us a message and we will handle it quickly. Thank you in advance thanks.

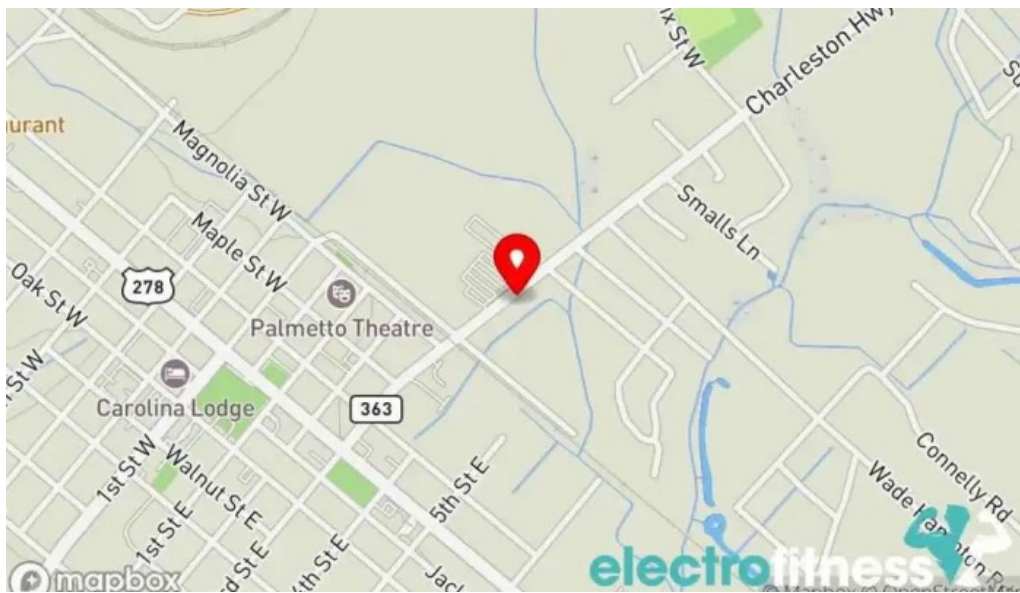
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Tags

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

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dance school
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golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
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karate club
karate school
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kinesiologist
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martial arts club
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medical spa
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muay thai boxing gym
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park
parking lot
parkour spot
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physical fitness program
physical therapist
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public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
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