

## Leanlife Fitness - Lewiston

lewiston

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## *Leanlife Fitness - Lewiston*

### **Lean Life Fitness: Your New Destination in Lewiston, Maine**

If you're on the lookout for a gym that combines community support with professional training, look no further than **\*\*Lean Life Fitness\*\*** in Lewiston, Maine. This unique gym not only caters to various fitness levels but also champions inclusivity and diversity by identifying as both Latino-owned and Black-owned.

### **On-site Services and Amenities**

Lean Life Fitness offers an array of **\*\*on-site services\*\*** designed to enhance

your workout experience. The gym is equipped with state-of-the-art facilities, ensuring members have access to everything they need for a complete workout. From high-intensity interval training to personalized coaching, the offerings are diverse and cater to all fitness levels. Accessibility is a top priority here; the facility features **\*\*gender-neutral toilets\*\*** and a **\*\*wheelchair-accessible car park\*\***, making it easier for everyone to enjoy their fitness journey without barriers.

## **A Supportive Community**

Member experiences highlight the community aspect of Lean Life Fitness. The environment is welcoming, where individuals from various backgrounds come together to motivate and support each other. Many members describe the camaraderie as their "Fit Family," showcasing how the supportive community fosters accountability and encouragement. One member stated, "The atmosphere is welcoming and comfortable, filled with people that cheer you on." This sentiment reflects the overall tone cultivated by owner and primary trainer, Bill, who is committed to helping every individual succeed.

## **Dynamic Classes Tailored for Everyone**

At Lean Life Fitness, variety is the spice of life. As many members have noted, classes are always changing, ensuring that workouts never get boring. Bill's training style includes modifications for all levels, making it suitable for newcomers and seasoned athletes alike. One enthusiastic member shared, "The workouts are fun and always changing so you always stay challenged." This approach not only keeps members engaged but also encourages them to push past their comfort zones.

## **Why Choose Lean Life Fitness?**

With its focus on delivering challenging workouts in a friendly environment, Lean Life Fitness stands out as a premier choice for anyone looking to improve their fitness. Testimonials reveal the impact the gym has had on individuals: - "I've lost 35lbs since starting there and have never felt better." - "Bill's knowledge of nutrition and fitness is unparalleled, and he will push you to be the best version of yourself." The combination of expert training, dynamic workouts, and a supportive community creates an atmosphere that truly feels like home.

## **Come Join Us!**

Whether you're preparing for a big event or simply seeking a healthier lifestyle, Lean Life Fitness is here to support you every step of the way. With professional trainers, inclusive practices, and a vibrant community, it truly embodies what a gym should be. Take the first step towards achieving your fitness goals at Lean Life Fitness today!

**We are found at**

1967 S Lisbon Rd, 04240 Lewiston, Maine - United States (US)

The contact phone of the mentioned **Gym** is +1207-689-7212

And if you want to send a WhatsApp, you can do so at +1207-689-7212

### **We are available at these times:**

Day Hours

Monday

5:30–7?PM

Tuesday

5:30–9?AM

Wednesday

7–9:30?AM

Thursday

Closed

Friday

5:45?AM–7?PM

Saturday

5?AM–7?PM

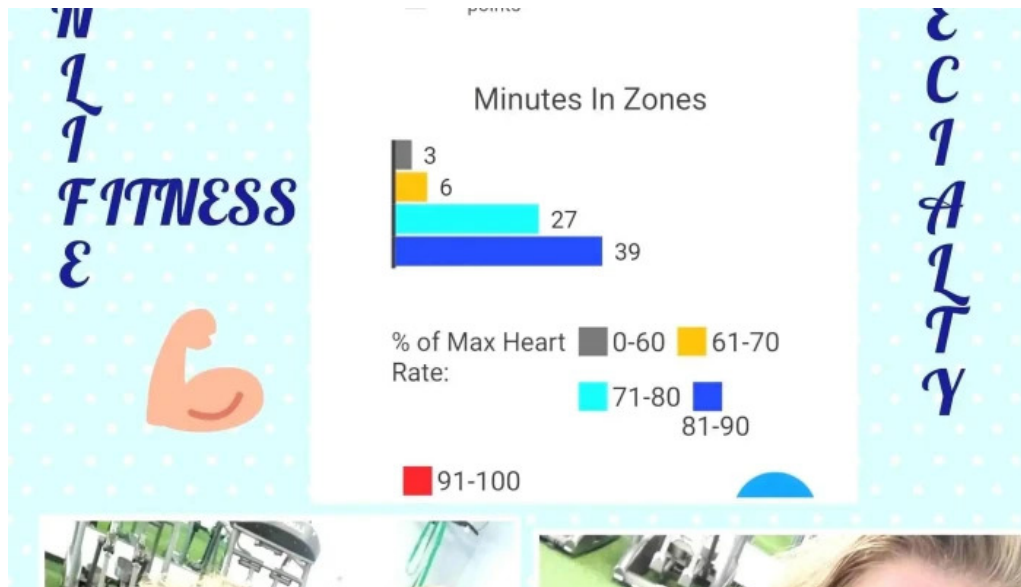
Sunday

5:30?AM–7?PM

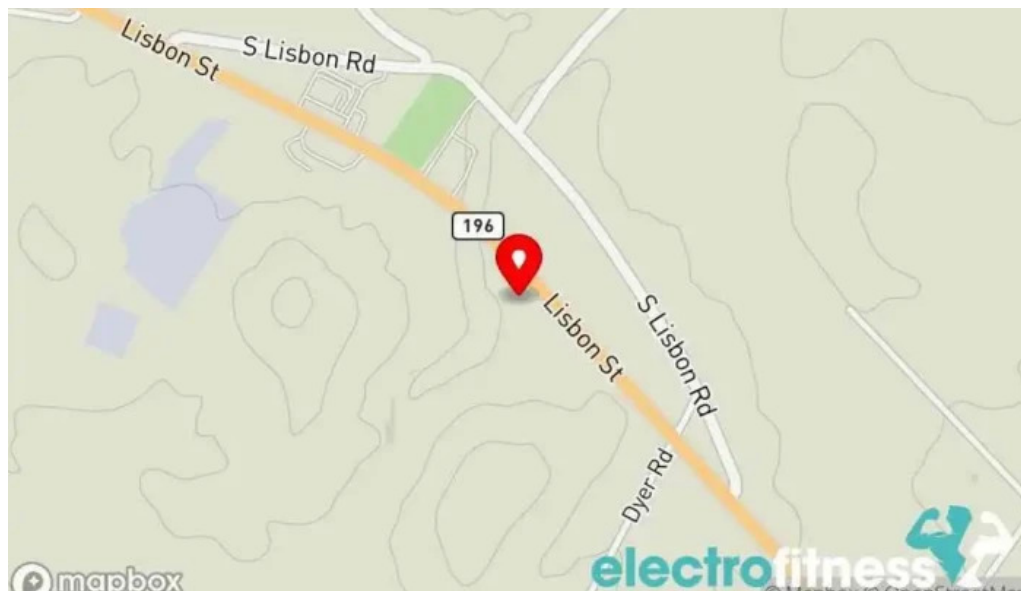
The website is Leanlife Fitness

If necessary to alter any element that you feel is not correct about this portal, we ask deliver a message and we will adjust it as soon as possible. Thank you in advance thank you very much.

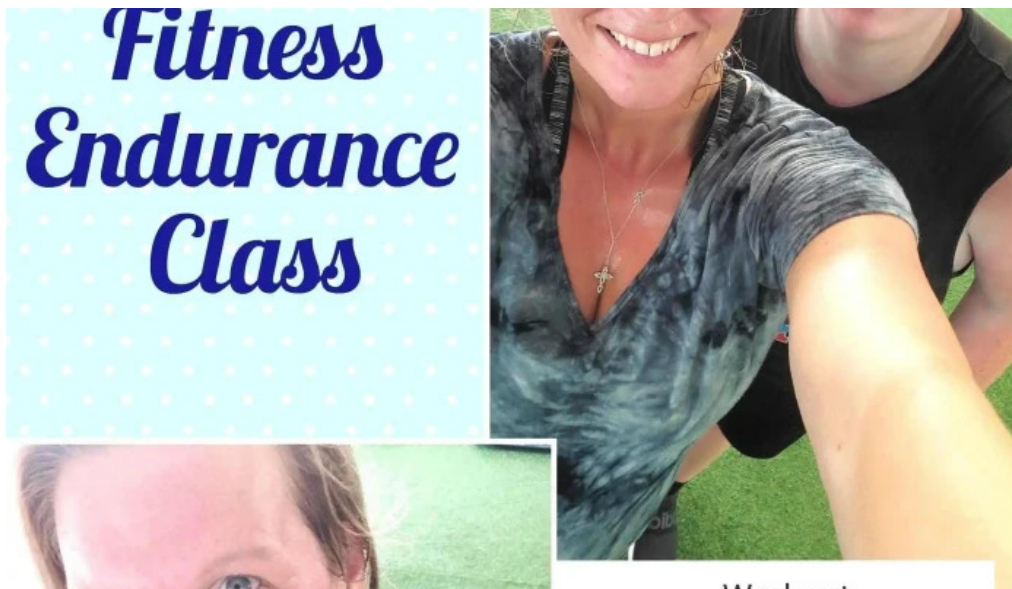
## **Images**



*Leanlife fitness website*



*Leanlife fitness map*



*Leanlife fitness location*



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*Leanlife fitness gym*



*Leanlife fitness by owner*



*Leanlife fitness all*



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## Tags

*On-site services, Accessibility, Identifies as Black-owned, Service options, From the business, Wheelchair-accessible car park, Identifies as Latino-owned, Gender-neutral toilets, Amenities*

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academic department
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apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space

cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area

historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course

psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
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sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
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thrift store
trade school



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vitamin & supplements store
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weight loss service
weightlifting area
wellness center
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wrestling school
yoga instructor
yoga studio
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