

## BodyFit Group & Fitness Training - Meridian

meridian



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*meridian*

## *BodyFit Group & Fitness Training - Meridian*

### Welcome to BodyFit Group & Fitness Training in Meridian, Idaho

If you're searching for a fitness community that truly cares about your success, look no further than **\*\*BodyFit Group & Fitness Training\*\***. Located in Meridian, Idaho, this gym is designed to empower individuals of all fitness levels. With a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, BodyFit ensures that everyone can join the journey toward a healthier lifestyle.

### Accessibility and Community

At BodyFit, accessibility goes beyond physical entry. The supportive

atmosphere fosters connections among members and trainers alike. Many attendees rave about the community spirit: “I love the community of people. Very welcoming gym!” This sentiment resonates with newcomers, making it easier to feel at home.

## **Train with Experts**

Membership is required to tap into the expertise of BodyFit's trainers, who are knowledgeable, encouraging, and ready to help you achieve your fitness goals. “The trainers are EXPERTS at what they do!” says a satisfied member. With classes limited to 12 people, you receive personalized attention that’s hard to find elsewhere. Each workout lasts just 45 minutes, providing an efficient and intense training session.

## **Customized Workouts and Nutrition Plans**

BodyFit stands out by offering tailored workouts and nutrition plans that cater to individual needs. Whether you have mobility issues or specific health concerns, trainers are adept at modifying exercises to ensure safety and effectiveness. One member noted, “They’re very good at modifying my workout when needed.” The focus on nutrition is also a game changer. As one satisfied client shared, “BodyFit taught me how to manage my intake and output to get the results I wanted.” Each plan is designed to be accessible and easy to follow, helping members adopt healthier habits long-term.

## **A Unique Experience**

Unlike conventional gyms, BodyFit prides itself on creating an environment free from judgment. Clients express their gratitude for the positive, non-judgmental atmosphere: “No one that walks through the door ever passes judgment.” This supportive community encourages all members, from beginners to advanced athletes, to pursue their goals with confidence.

## **Commitment to Your Success**

BodyFit’s commitment extends beyond workouts. Dedicated trainers check in with members regularly, answering questions and providing ongoing support. As one member reflects, “I can text my trainers at any time with questions I have, and they always respond in a short amount of time.” This level of accountability motivates individuals to stay on track and reach their personal milestones.

## **Join BodyFit Today**

If you’re ready to commit to a healthier lifestyle, consider joining BodyFit Group & Fitness Training in Meridian, Idaho. With a focus on **\*\*accessibility\*\***, **\*\*personalized training\*\***, and **\*\*community support\*\***, you’ll discover not just a gym, but a **\*\*fitness family\*\***. Take the first step towards a transformative journey—your future self will thank you!

## You will find us at

2054 S Eagle Rd, 83642 Meridian, Idaho - United States (US)

The phone of the mentioned **Gym** is +1208-577-6033

And if you want to send a WhatsApp, you can do so at +1208-577-6033

## Visit us during the following hours:

Day Hours

Monday

5:15?AM–7:30?PM

Tuesday

5:15?AM–7:30?PM

Wednesday

5:15?AM–7:30?PM

Thursday

5:15?AM–7:30?PM

Friday

5:15?AM–7:30?PM

Saturday

8:15?AM–11:15?PM

Sunday

Closed

The website is BodyFit Group & Fitness Training

If necessary to adjust any element that you believe is not precise related to this portal, we ask send us a message and we will handle it promptly. With anticipation thank you very much.

## Images

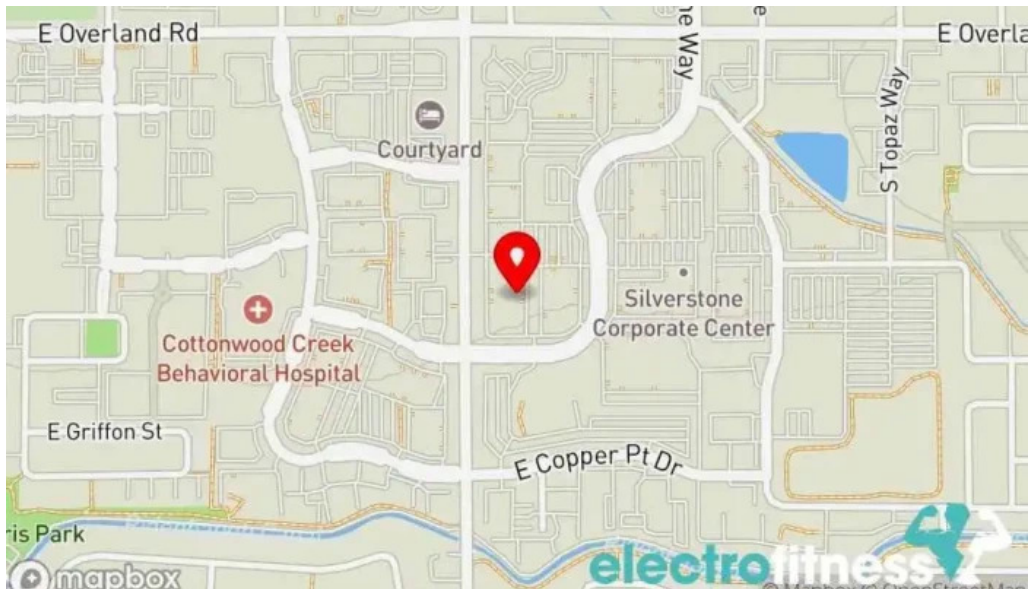


*Bodyfit group fitness training street view 360deg*



*Bodyfit group fitness training meridian*





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*Bodyfit group fitness training all*

## Tags

*Planning, Wheelchair-accessible car park, Membership required, Wheelchair-accessible entrance, Accessibility*

## Related content

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5.0 \* *Carley Newton Group Fitness - Portage*

4.9 \* *D1 Training Merrillville - Merrillville*

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4.7 \* *Isi Elite Training - Walnut Creek, Ca - Walnut Creek*

5.0 \* *LivFit Training Studio - Scott*

5.0 \* *Alloy Personal Training Rossmoor - Walnut Creek*

5.0 \* *C2 Training & Bodywork - Concord*

4.9 \* *F45 Training Lafayette La - Lafayette*

5.0 \* *F45 Training Crown Point - Crown Point*

## Categories

amusement park ride

arena
association / organization
athletic club
bar
body shaping class
boot camp
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boxing ring
children's party service
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church
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community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school

kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
youth organization