

Julie's Garage Gym - Oakland

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Welcome to Julie's Garage Gym in Oakland, California

Located in the heart of Oakland, Julie's Garage Gym stands out as a premier fitness destination. With its ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****, this gym ensures that everyone can enjoy a welcoming and inclusive environment.

Personalized Fitness Training

Julie, the head trainer, has earned accolades for her exceptional coaching skills. Many clients have praised her dedication and expertise, stating, "Julie is

the best personal trainer ever!!! I've been working with her since 2016 and I've seen incredible results." Her positive and motivating attitude makes every session enjoyable.

A Focus on Accessibility

At Julie's Garage Gym, accessibility is paramount. The ****wheelchair-accessible entrance**** allows individuals of all abilities to take part in fitness routines tailored specifically to their needs. This inclusivity fosters a sense of community and encourages everyone to engage in healthy activities.

Transformative Results and Confidence Building

Clients frequently share their success stories, highlighting how training with Julie has transformed their lives. One client noted, "In the past year working with her, I've felt myself get stronger and more confident in doing tougher outdoor activities." This growth is a testament to Julie's ability to customize workouts and adapt them to individual capabilities.

Expert Guidance and Motivation

On top of being an excellent trainer, Julie is renowned for her teaching methods. Clients appreciate her emphasis on proper form and posture, which contributes to effective workouts and injury prevention. As one satisfied member shared, "She demonstrates each exercise very clearly and monitors my execution, getting me to keep my shoulders down away from my ears."

A Journey to Recovery

Julie's impact extends beyond general fitness. After undergoing double bypass heart surgery, a client credited her recovery progress to Julie's rigorous training regimen. "I blessed her for every one of them throughout recovery and to this day," they remarked. This illustrates how Julie's training not only builds strength but also encourages resilience and healing.

Join the Best Private Training Studio

For anyone looking to elevate their fitness journey, Julie's Garage Gym offers a unique blend of professionalism and passion. One enthusiastic participant stated, "Omg...the best personal trainer that I have EVER worked with." With a focus on personalized plans and an inviting atmosphere, it's no wonder why many consider it "the best private training studio in Oakland."

Conclusion

Whether you are just starting or looking to enhance your fitness routine, Julie's Garage Gym is here to support you every step of the way. Experience tailored training in an accessible environment, and discover the difference that personalized attention can make in your fitness journey.

Our address is

200 Wayne Ave, 94606 Oakland, California - United States (US)

The contact line of the mentioned **Gym** is +1510-842-5226

And if you want to send a WhatsApp, you can do so at +1510-842-5226

You can visit us at the following hours:

Day	Hours
Monday	7?AM–1?PM 4–8?PM
Tuesday	Closed
Wednesday	7?AM–1?PM 4–8?PM
Thursday	7?AM–1?PM
Friday	Closed
Saturday	Closed
Sunday	7?AM–1?PM

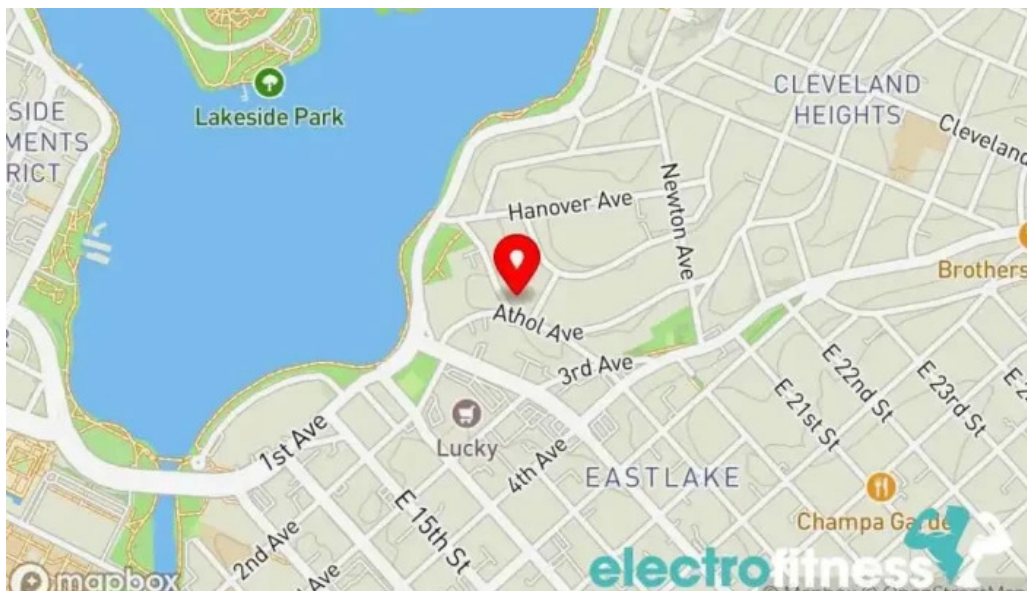
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Tags

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

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