

barre3 - Spokane

spokane

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Discover Barre3: Your Empowering Fitness Destination in Spokane, Washington

If you're looking for a place that combines exceptional fitness with a welcoming community, look no further than Barre3 in Spokane, Washington. This women-owned studio offers a variety of classes designed to empower and challenge individuals of all fitness levels.

Amenities and On-Site Services

Barre3 provides an array of ****amenities**** that enhance your workout

experience. The studio is well-known for its clean and inviting atmosphere, ensuring a pleasant environment for all members. With a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, accessibility is a priority at Barre3, making it easy for everyone to join in the fun. Moreover, the studio understands the importance of convenience; hence, it offers ****on-site childcare**** services, allowing parents to focus on their fitness while their children are entertained in a safe space.

Community and Support

From the moment you step inside, you're greeted by friendly staff and instructors who make it their mission to create a supportive environment. Many members describe Barre3 as more than just a gym—it's a ****community**** that feels like family. Each instructor is knowledgeable and skilled, providing modifications that accommodate various fitness levels, thereby ensuring that everyone feels included and empowered. Participants consistently praise the attention given to individuals with pre-existing injuries, making them feel safe while pushing their limits. As one member beautifully noted, "The workouts are simply fantastic. The combination of strength training, cardio, and flexibility exercises is effective and well-rounded."

Class Variety and Personal Growth

Offering classes ranging from barre to strength training, kickboxing, and restorative yoga, Barre3 caters to diverse interests and fitness goals. Members appreciate the variety, which keeps their workouts fresh and exciting. Instructors are known for their ability to motivate, encourage, and inspire every individual during class, helping to foster personal growth both physically and mentally. The supportive nature of the community at Barre3 encourages participants to challenge themselves while celebrating their progress, no matter how small. "It's a space that helps me feel good about myself and helps me connect with others," shared one enthusiastic member.

An Invitation to Join

Barre3 in Spokane isn't just a place to exercise; it's a sanctuary where you can work towards becoming the best version of yourself. With stunning aesthetics, a positive atmosphere, and exceptional instructors, this studio promises an unforgettable fitness journey. If you're ready to experience the empowering energy and camaraderie at Barre3, there's no better time to join. Your wellness journey deserves a supportive home, and Barre3 is waiting for you!

You can come to our business at

11921 N Division St Suite 400, 99218 Spokane, Washington - United States (US)

The contact line of the respective **Gym** is +1509-309-2655

And if you want to send a WhatsApp, you can do so at [+1509-309-2655](https://wa.me/15093092655)

Our opening hours are:

Day Hours
Monday

5?AM–8?PM

Tuesday

5?AM–8?PM

Wednesday

5?AM–8?PM

Thursday

7?AM–1?PM

Friday

8?AM–1?PM

Saturday

5?AM–8?PM

Sunday

5?AM–8?PM

The website is barre3

If you wish to update any element that you consider is not accurate related to this web, we kindly request deliver a message so that we will correct it at the earliest convenience. In advance thanks for your cooperation.

Images



Barre3 street view 360deg



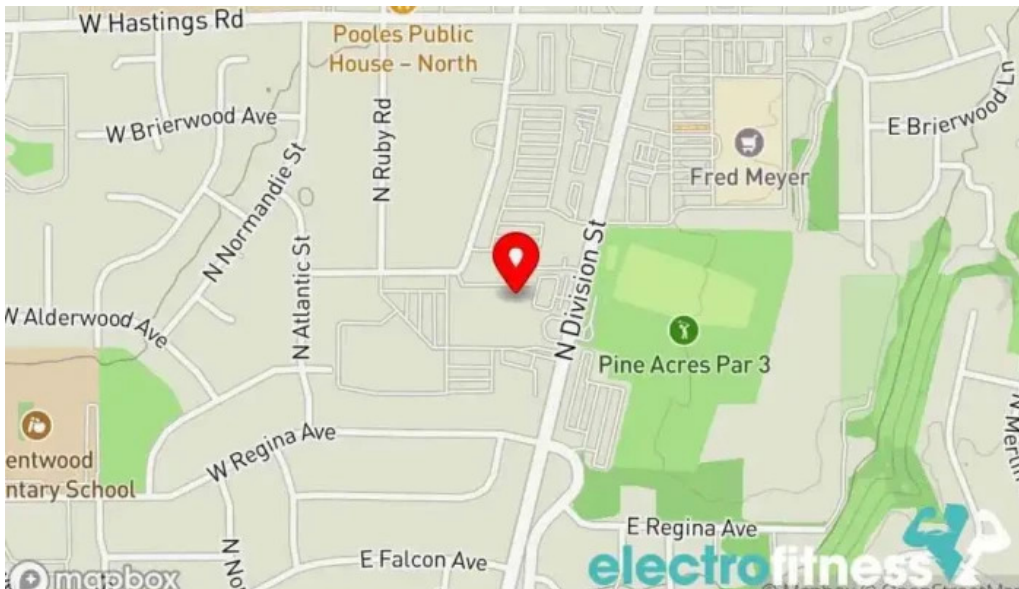
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Barre3 promotion



Barre3 prices



Barre3 map



Barre3 gym



Barre3 by owner



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Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, From the business, Service options, Child care, Amenities, On-site services, Identifies as women-owned, Accessibility

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soccer club
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spa and health club
sporting goods store
sports club
sports complex
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