

Srg Fitness Llc - Tuckahoe

tuckahoe

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Srg Fitness Llc - Tuckahoe

Discover SRG Fitness LLC: Your Go-To Gym in Tuckahoe, New York

SRG Fitness LLC stands out as a premier fitness destination in Tuckahoe, New York. With a focus on accessibility and personalized training, this gym caters to a diverse clientele, including those who require additional accommodations.

Accessibility for All

One of the defining features of SRG Fitness LLC is its ****wheelchair-accessible car park****, ensuring that everyone can easily access the facilities. This

commitment to inclusivity demonstrates SRG Fitness's dedication to creating a welcoming environment for clients of all abilities.

Experience Personalized Training with Sophia

At the heart of SRG Fitness are the transformative training sessions led by ****Sophia****, a highly regarded trainer known for her ability to inspire and motivate. Clients rave about her expertise and the personalized approach she takes to each individual's fitness journey. > "Sophia listened to my goals and delivered. I feel so much stronger and visibly look more toned." Her clients appreciate how she challenges them while considering their unique fitness needs. Whether you are looking to build strength, develop better exercise habits, or explore new workout techniques, Sophia tailors each session to meet your specific goals.

Client Testimonials Speak Volumes

The positive feedback from satisfied clients highlights the effectiveness of Sophia's training methods:

- ****Strength and Resilience****: Clients emphasize how their training has unlocked potential they never knew they had. Many have successfully navigated fitness challenges, stating, "Her workouts are fun yet challenging and have pushed me to growth!"
- ****Life-Changing Impact****: For those new to fitness, like one client who had never exercised before, Sophia's sessions transformed their perspective. They described their experience as "not frustrating or too hard, but challenging," which helped them enjoy working out for the first time.
- ****Expertise with Special Conditions****: Many clients, including those with PCOS, appreciate Sophia's understanding and adaptability. One client stated, "I lost 20 pounds in almost 3 months just by going to her."

Why Choose SRG Fitness?

Choosing SRG Fitness means opting for a gym that values individual progress and community support. With a ****wheelchair-accessible car park**** and personalized training plans, it sets itself apart as an inclusive space where everyone can feel comfortable pursuing their fitness goals. For anyone looking to enhance their physical health and embrace a sustainable fitness lifestyle, ****SRG Fitness LLC**** provides the perfect environment and expert guidance. Don't miss out on the chance to transform your life under the skilled mentorship of Sophia. Whether you're a seasoned athlete or just starting your journey, this gym is dedicated to making fitness accessible and enjoyable for everyone.

You can reach us at

269 Columbus Ave, 10707 Tuckahoe, New York - United States (US)

The contact line of said **Gym** is +1914-500-5728

And if you want to send a WhatsApp, you can do so at +1914-500-5728

Our business hours are:

Day Hours

Monday

Closed

Tuesday

10?AM–10?PM

Wednesday

10?AM–10?PM

Thursday

10?AM–10?PM

Friday

10?AM–10?PM

Saturday

10?AM–10?PM

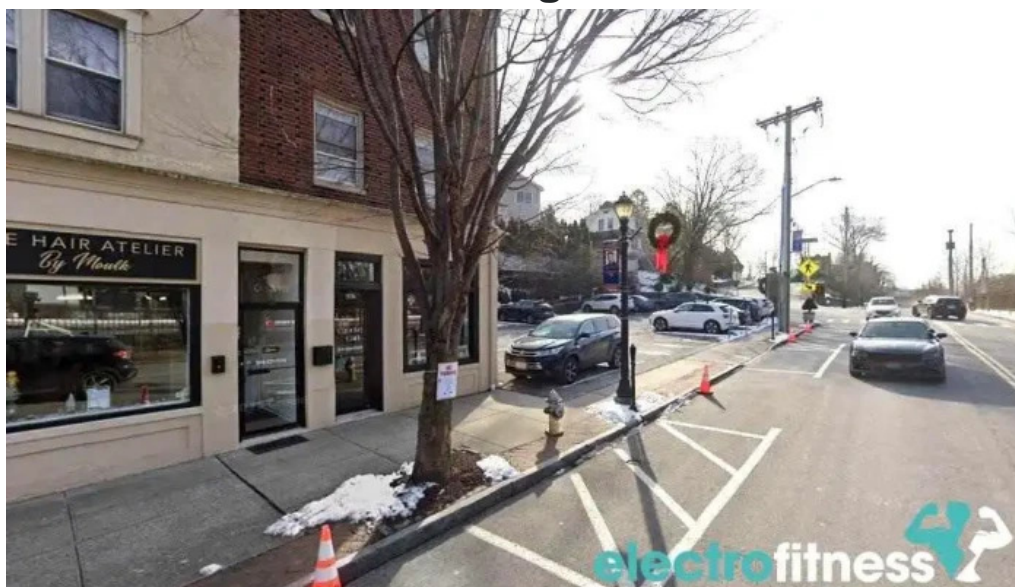
Sunday

10?AM–10?PM

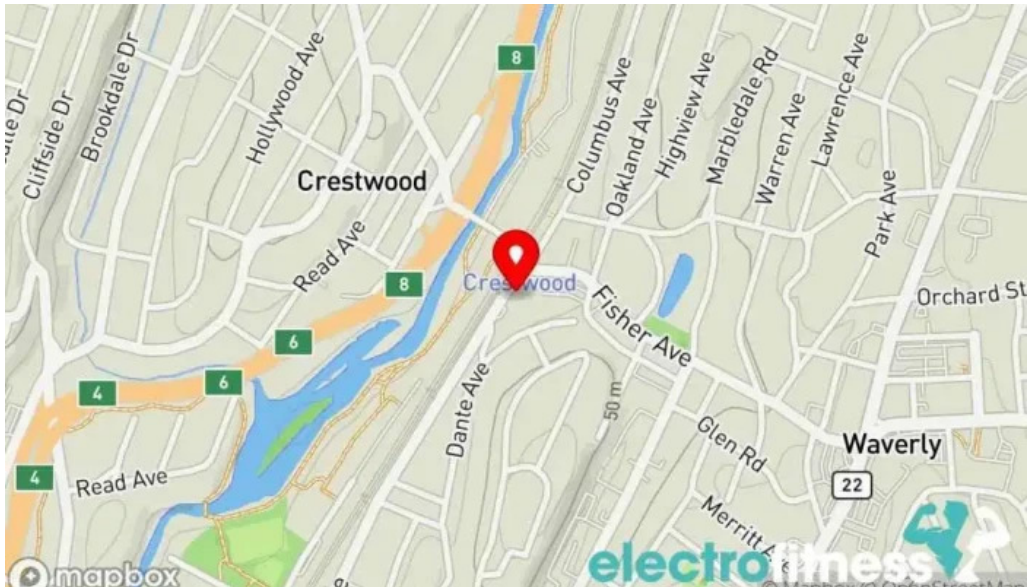
The website is [SRG FITNESS LLC](#)

If necessary to adjust any element that you feel is incorrect concerning this portal, we kindly request forward a message and we will correct it at the earliest convenience. Thanks beforehand we appreciate it.

Images



Srg fitness llc tuckahoe



Srg fitness llc map



Srg fitness llc by owner



Tags

Accessibility, Wheelchair-accessible car park

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basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
disability services and support organization
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dollar store
educational institution
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fitness
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fitness equipment wholesaler
food producer
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grocery store
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gymnastics center
gymnastics club
hair salon
health consultant
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health food store
health spa
hiking area
hospital
hotel
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic

pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
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water park
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wellness center
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women's organization
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yoga instructor
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