

## Triad Fitness and Wellness - Addison

addison

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## *Triad Fitness and Wellness - Addison*

### Discover Triad Fitness and Wellness: Your Personal Trainer in Addison, Texas

At **Triad Fitness and Wellness**, located in the heart of Addison, Texas, we pride ourselves on creating an inclusive environment for everyone, including being a **transgender safe space** and **LGBTQ+ friendly**. Our focus on **accessibility** ensures that all clients can enjoy our facilities, featuring **wheelchair-accessible toilets**, a **wheelchair-accessible car park**, and an

**accessible entrance.**

## **Personalized Training with Coach Trey**

Coach Trey is at the forefront of our personal training experience. His clients rave about his ability to create customized workouts that cater to individual fitness goals. As one satisfied client expressed, "Trey has truly transformed my fitness journey." This speaks volumes about his dedication and expertise.

## **Innovative Workouts and Flexibility**

Whether you prefer **online classes** or **on-site services**, we have options to suit your needs. With a focus on planning and scheduling, we recommend that clients book their appointments in advance. This ensures personalized attention during each session. Our boot camps are designed for **all levels of fitness**, offering high-energy routines that keep you engaged. Clients appreciate Trey's ability to provide alternative moves, making fitness approachable for beginners and seasoned athletes alike.

## **A Community Experience**

Triad Fitness and Wellness isn't just about individual training; it's about building a **crowd** of supportive individuals. The atmosphere is charged with energy, making every workout enjoyable. One client noted, "Fun, energetic workouts with a knowledgeable coach in the best setting in DFW!" Our community vibe is what sets us apart.

## **A Commitment to Wellness**

Your wellness journey is our priority. At Triad Fitness and Wellness, we ensure that your health concerns are heard and addressed. Our clients appreciate the attention to detail and focus on proper form, which not only improves strength but also promotes safety during workouts. As one beginner highlighted, "I felt that my fitness and health concerns were heard and understood."

## **Amenities That Enhance Your Experience**

We offer a range of amenities to make your experience as comfortable as possible. With our **toilet facilities** designed for accessibility and a welcoming environment, we strive to meet the diverse needs of our clientele. Our outdoor services also allow for refreshing workouts in nature.

## **Join Us Today!**

If you're ready to take your fitness to the next level, visit **Triad Fitness and Wellness** today. Experience the exceptional coaching of Coach Trey and join a supportive community that will help you achieve your goals. Remember, appointments are recommended to ensure a tailored approach to your fitness journey!

**You will find us at**

3966 Vitruvian Way, 75001 Addison, Texas - United States (US)

The phone of the respective **Personal trainer** is +1972-358-1031  
And if you want to send a WhatsApp, you can do so at +1972-358-1031

### **Our service hours are:**

Day Hours  
Monday  
8?AM–7?PM  
Tuesday  
8?AM–7?PM  
Wednesday  
8?AM–1:30?PM  
Thursday  
Closed  
Friday  
8?AM–7?PM  
Saturday  
8?AM–7?PM  
Sunday  
8?AM–7?PM

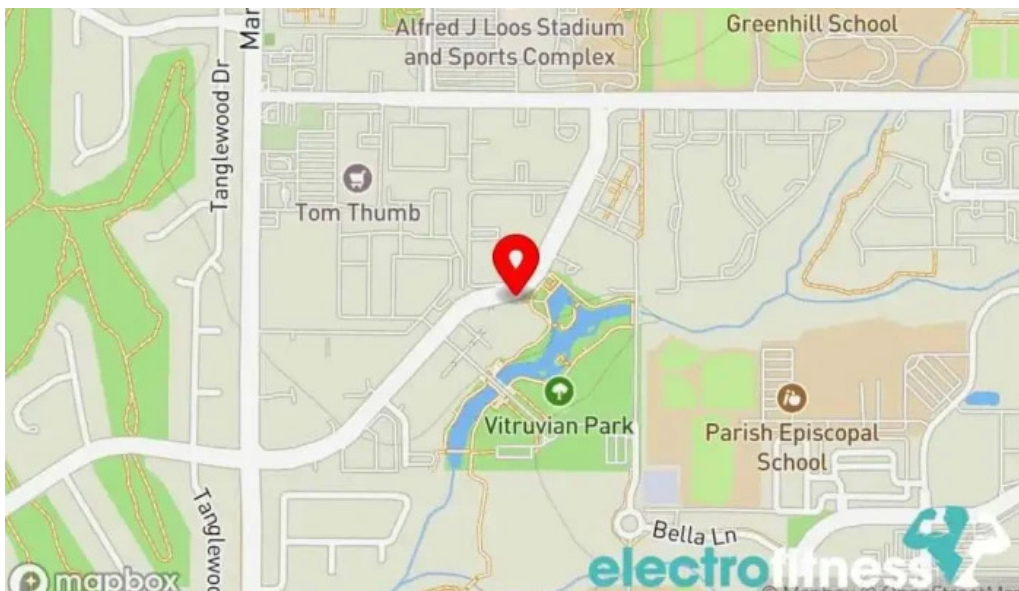
The website is Triad Fitness and Wellness

If you require to update any detail that you consider is not accurate about this page, please send a message and we will correct it promptly. In advance thanks for your cooperation.

## **Images**



*Triad fitness and wellness street view 360deg*



*Triad fitness and wellness map*





*Triad fitness and wellness all*



*Triad fitness and wellness addison*

## Tags

*Wheelchair-accessible car park, Outdoor services, Wheelchair-accessible toilet, Service options, Wheelchair-accessible entrance, Transgender safe space, On-site services, Planning, Crowd, Toilet, Amenities, Appointments recommended, Accessibility, Online classes, LGBTQ+ friendly*

## Related content

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**4.9 \*** *Royce and Pam Money Student Recreation and Wellness Center - Abilene*

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**5.0 \*** *Poppy Movement & Wellness - Walnut Creek*

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**5.0 \*** *Embody Massage and Wellness Solutions - Englewood*

5.0 *	<i>Studio Ex Cycle &amp; Group Fitness - Hyannis</i>
5.0 *	<i>LiveFit Wellness Suites - Littleton</i>
5.0 *	<i>Sixth Union Fitness - Englewood</i>
5.0 *	<i>Total Health and Exercise - Centennial</i>
5.0 *	<i>Zen Riot Yoga &amp; Wellness Studio - Boise</i>
5.0 *	<i>Ascend Wellness Studio - Lafayette</i>
5.0 *	<i>United Athletics Fitness - Littlestown</i>

## Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
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 therapist
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
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization