

Fit Beyond Forty - Alameda

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Fit Beyond Forty - Alameda

Discover Fit Beyond Forty: Your Personalized Fitness Journey in Alameda, California

Welcome to **Fit Beyond Forty**, where personalized training meets the needs of individuals seeking strength, balance, and overall wellness. Located in Alameda, California, our facility is designed to cater to a diverse clientele, including those with specific health challenges. Whether you're looking for **online classes** or on-site services, we've got you covered.

Exceptional Training Experience with Michael

Training with **Michael** is an experience unlike any other. Many clients have expressed their appreciation for his tailored approach to fitness. One client stated, "The training Michael helped me through is designed specifically for me." This personalized attention makes all the difference, especially for those managing conditions like **Multiple Sclerosis**.

Accessibility for All

At Fit Beyond Forty, we understand the importance of **accessibility**. Our facilities include a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring everyone can participate in our programs comfortably. We also provide **toilets** that cater to multiple needs.

Supportive Environment

Clients rave about the supportive atmosphere at Fit Beyond Forty. Michael takes time to check in with clients before, during, and after workouts. As one happy trainer mentioned, "He gives specific instructions on what to do and how much to try to do." This level of care ensures clients feel empowered and motivated throughout their fitness journey.

Flexible Service Options

Fit Beyond Forty offers various **service options** to accommodate different preferences. Whether you prefer engaging in **1:1 sessions** or joining a small group class, our training methods emphasize balance, coordination, and strength-building skills necessary for daily life. We recommend scheduling your sessions in advance, as **appointments are required** to ensure ample personal attention.

A Commitment to Wellness

Our clients appreciate the thoughtful planning that goes into each training session, customized to meet individual goals and fitness levels. One client noted, "After training with Michael, my balance, posture, and strength has improved." We offer both in-person and online classes, allowing you to choose the most comfortable way to engage with your fitness routine.

The Fit Beyond Forty Community

Join a community that cares about your well-being. Fit Beyond Forty isn't just a gym; it's a place where individuals come together to support each other's

journeys toward health and vitality. Clients frequently commend the positive environment and the professionalism of our staff. As one remarked, "Michael is knowledgeable and very supportive," making every workout enjoyable and effective.

Conclusion

If you're looking to improve your health, regain mobility, or simply enjoy a tailored workout experience, Fit Beyond Forty in Alameda, California, is the ideal choice. With a commitment to accessibility, personalized training, and a supportive community, we invite you to achieve your fitness goals with us today. Remember, transformation begins with the first step—let's take it together!

The address of our establishment is

2450 Otis Dr, 94501 Alameda, California - United States (US)

The phone of said **Personal trainer** is +1510-506-9203

And if you want to send a WhatsApp, you can do so at +1510-506-9203

Our service hours are:

Day	Hours
Monday	8?AM–5?PM
Tuesday	8?AM–5?PM
Wednesday	8?AM–5?PM
Thursday	8?AM–5?PM
Friday	8?AM–5?PM
Saturday	Closed
Sunday	Closed

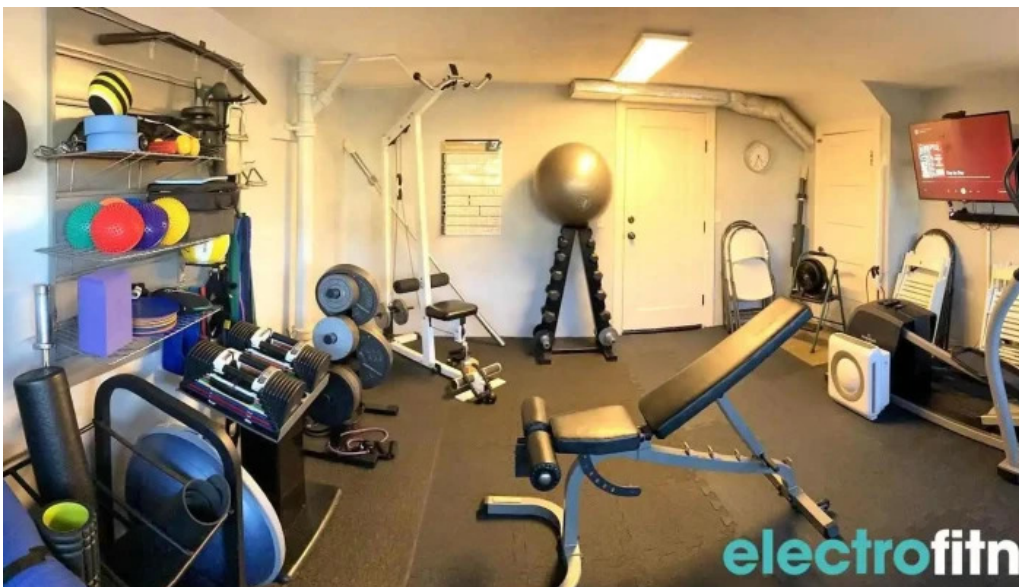
The website is Fit Beyond Forty

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Images



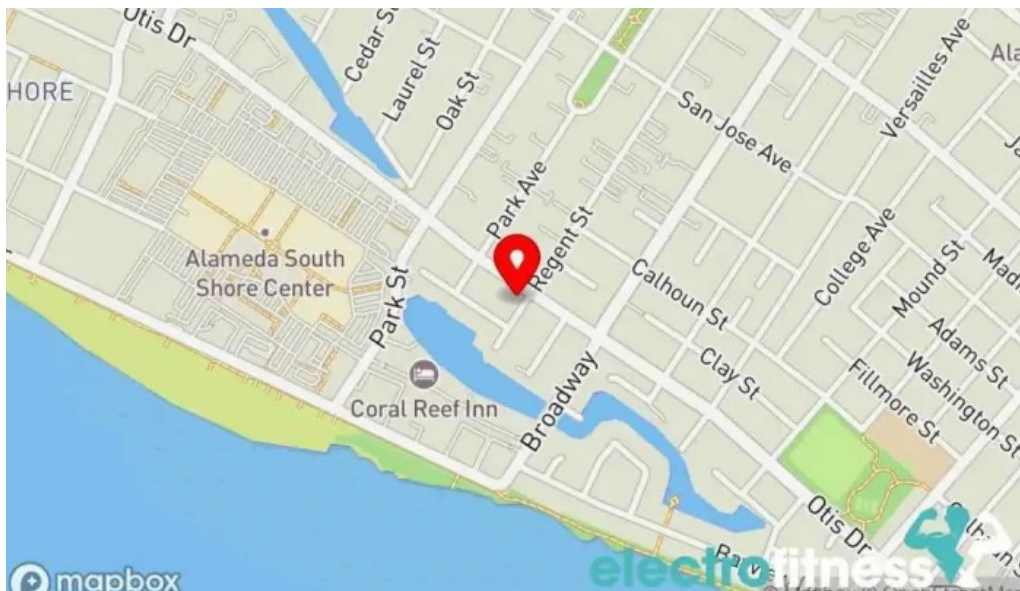
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Tags

Appointment required, Service options, Appointments recommended, Wheelchair-accessible car park, Online classes, Planning, Wheelchair-accessible entrance, Accessibility, On-site services, Amenities, Toilet

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