

## Total Fitness Master - Alameda

alameda

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## *Total Fitness Master - Alameda*

### **Achieve Your Fitness Goals with Total Fitness Master in Alameda, California**

At **\*\*Total Fitness Master\*\***, located in the heart of **\*\*Alameda, California\*\***, we are dedicated to providing a supportive and motivational environment for our clients. With our expert trainer, Jason, you'll find yourself engaging in a fitness journey that is both personal and effective.

### **Planning Your Path to Success**

Effective planning is crucial for achieving your fitness goals. At Total Fitness

Master, we believe that every workout should be tailored to your individual needs and capabilities. Whether you are just starting or looking to enhance your existing routine, Jason ensures that your workouts are personalized for maximum results.

### **Appointments Recommended for Optimal Experience**

To enjoy the full benefits of our training sessions, we recommend making **\*\*appointments\*\*** ahead of time. This not only secures your spot but also allows us to prepare a workout plan that aligns with your goals. Our small group sessions foster a sense of community while still providing the personal attention needed to succeed.

### **Wheelchair-Accessible Car Park and Amenities**

Inclusivity is a priority at Total Fitness Master. We offer a **\*\*wheelchair-accessible car park\*\*** to ensure that everyone has convenient access to our facilities. Additionally, our amenities include well-maintained restrooms, including a **\*\*toilet\*\*** that accommodates all needs, ensuring a comfortable experience for everyone.

### **Accessibility for Everyone**

Accessibility goes beyond physical spaces; it encompasses our approach to training as well. Jason is known for his ability to make adjustments to accommodate various fitness levels and personal challenges. Whether you have specific concerns like wrist pain or other limitations, he creates routines that allow you to participate fully without compromising your well-being.

### **Why Choose Jason at Total Fitness Master?**

Jason's reputation as an excellent trainer speaks for itself. Clients appreciate his ability to challenge them appropriately while providing a supportive atmosphere. His unique approach has helped many gain a healthier perspective on fitness and lifestyle. He combines expertise with an understanding of mental well-being, making each session a holistic experience. In conclusion, if you're seeking a dedicated trainer who understands your needs and helps you reach your fitness goals while ensuring a comfortable and accessible environment, look no further than **\*\*Total Fitness Master\*\*** in Alameda. With **\*\*appointments recommended\*\*** and exceptional amenities, you'll be on the path to success in no time.

### **The location of our premises is**

710 Lincoln Ave, 94501 Alameda, California - United States (US)

The contact line of this **Personal trainer** is +1415-696-1856

And if you want to send a WhatsApp, you can do so at +1415-696-1856

## Our service hours are:

Day	Hours
Monday	5?AM–11?PM
Tuesday	Closed
Wednesday	Closed
Thursday	5?AM–11?PM
Friday	Closed
Saturday	Closed
Sunday	5?AM–11?PM

If necessary to adjust any information that you feel is not precise about this portal, we kindly request forward a message so that we will correct it as soon as possible. Thanks beforehand thanks.

## Images



*Total fitness master training*

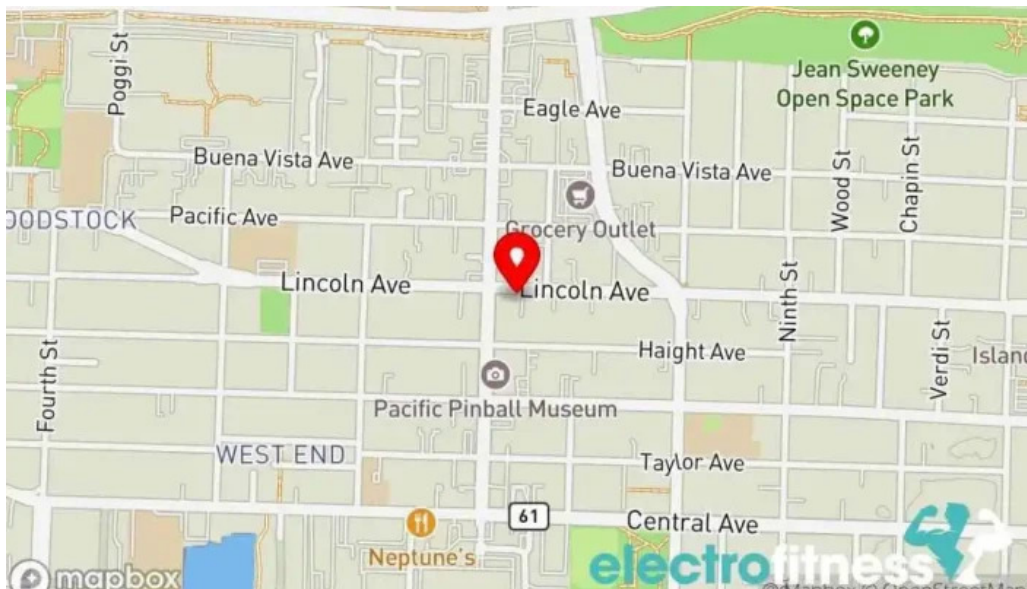


*Total fitness master street view 360deg*



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*Total fitness master gym*



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*Total fitness master all*



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## Tags

*Appointments recommended, Accessibility, Planning, Amenities, Toilet, Wheelchair-accessible car park*

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academic department
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acupuncture clinic
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athletic club
auditorium
bar
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
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness



fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
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 spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy

physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
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weightlifting area
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wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization