

Connelly fitness - Allyn

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Transform Your Fitness Journey with Connelly Fitness in Allyn, Washington

Are you looking for a personal trainer who genuinely cares about your health and fitness goals? Look no further than ****Jennifer at Connelly Fitness****. Located in Allyn, Washington, Connelly Fitness not only provides expert training but also ensures ****accessibility**** for everyone, including those who require a ****wheelchair-accessible car park****.

Why Choose Jennifer as Your Personal Trainer?

Clients rave about their experiences with Jennifer, highlighting her tailor-made workout plans and unwavering support. One satisfied client shared, "I recently got the opportunity to work with Jennifer who truly transformed my fitness journey." With a focus on individual needs, she keeps her clients motivated while ensuring they maintain proper form to avoid injuries.

The Impact of Personalized Training

Personalized training is essential in achieving fitness goals, and Jennifer excels in this area. As another client remarked, "With her direction, support, and motivation, I am grateful." Jennifer's positive attitude creates an enjoyable environment, making every session something to look forward to. This supportive atmosphere is particularly beneficial for those who may feel intimidated or embarrassed about their fitness levels.

A Journey to Health

One inspiring story comes from a client who was on the brink of serious health issues. Weighing 344 lbs and facing life-threatening concerns, they felt hopeless until they decided to make a change. After reaching out to Jennifer for help, they discovered a path to better health through her guidance. "I was relieved by the support, life lessons, non-judgmental guidance, and development I have achieved by Jennifer as my Personal Trainer," they stated.

Accessibility for All

Connelly Fitness takes pride in being accessible to all individuals, ensuring that everyone has the opportunity to embark on their fitness journey. The ****wheelchair-accessible car park**** allows those with mobility challenges to access training without barriers, making it a welcoming space for all.

Start Your Transformation Today

If you're someone who wants to lose weight, become physically healthier, or simply needs direction in your fitness journey, don't hesitate to reach out to Jennifer at Connelly Fitness. Her exceptional skills as a personal trainer can help you achieve your fitness goals. As one client put it, "Jennifer is exceptional as a personal Physical Trainer." Take the first step towards a healthier you – contact Jennifer today and discover the difference personalized training can make!

The location of our premises is

241 E Soderberg Rd, 98524 Allyn, Washington - United States (US)

The phone of said **Personal trainer** is +1253-330-4196

And if you want to send a WhatsApp, you can do so at +1253-330-4196

We are open during the following hours:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	1–6?PM
Thursday	5?AM–8?PM
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

The website is [Connelly fitness](#)

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Images



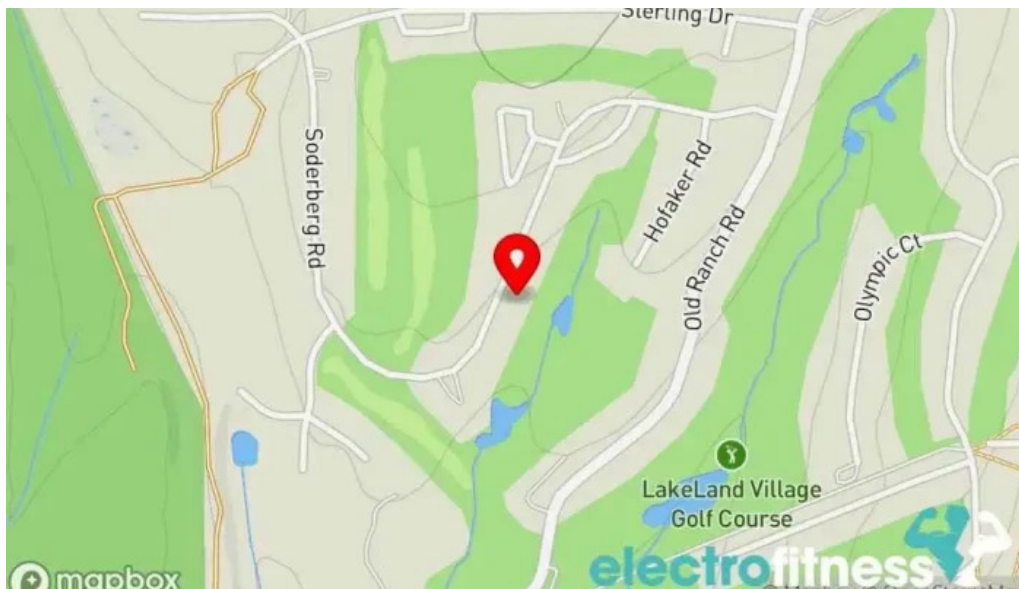
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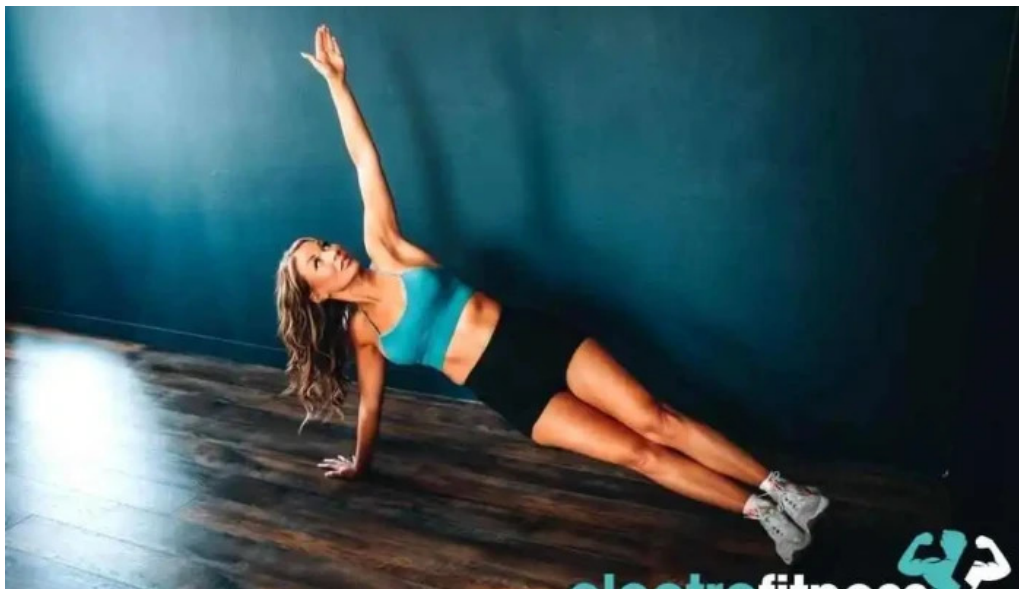
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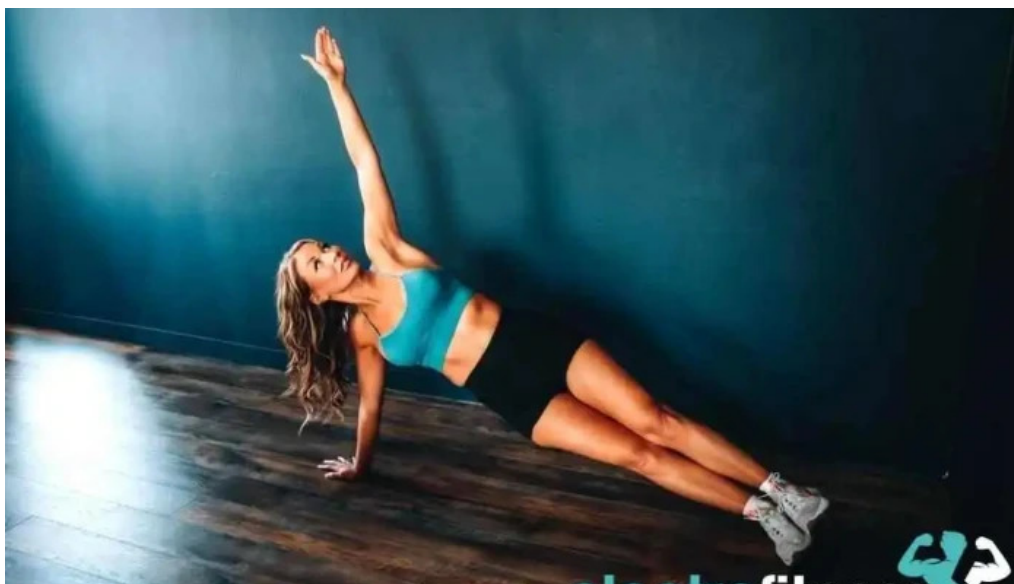
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Tags

Wheelchair-accessible car park, Accessibility

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