

LongevityLab - Anchorage

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LongevityLab - Anchorage

Discover LongevityLab: Your Premier Personal Training Destination in Anchorage, Alaska

If you're searching for a personal trainer that prioritizes your health and well-being, look no further than **LongevityLab** in Anchorage, Alaska. This facility not only boasts a variety of amenities but also delivers exceptional personal training tailored to meet your unique needs.

Amazing Amenities for Every Fitness Journey

At **LongevityLab**, you'll find a clean and spacious environment equipped with high-quality equipment. Whether you are a beginner or an experienced athlete, the ample room allows for comfortable movement during workouts. The facility includes:

Wheelchair-accessible entrance Wheelchair-accessible toilet
Wheelchair-accessible car park Private **appointments recommended** to ensure focused attention

Flexible Service Options to Suit Your Lifestyle

LongevityLab is dedicated to providing flexible service options. You can take advantage of in-person sessions or join their engaging **online classes**, ensuring you never miss a workout, regardless of your schedule or location.

Why Choose LongevityLab?

Countless clients have experienced transformative results at **LongevityLab**. One client shared, "Working with Nico has been life changing for me. His attention to personal abilities and weaknesses makes for a safe workout." The trainers here possess a deep understanding of human physiology and aging, which allows for real-time adjustments based on individual limitations.

Focus on Personalized Training

The personalized approach of the trainers ensures that every workout is tailored specifically to your goals. As one satisfied member states, "Nico will figure out your own unique problems and design exercises specifically for your issues." This level of individualized attention fosters a supportive atmosphere where everyone can thrive.

A Community of Support and Encouragement

The community at **LongevityLab** is built on encouragement and camaraderie. Clients often describe it as a place where you can show up and be yourself, free from judgment. "I know I can always show up and not feel like I have to be anything else than where I am at," remarks another happy client.

Emphasizing Fun and Engagement in Workouts

The workouts at **LongevityLab** aren't just effective; they're fun too! With a variety of weekly classes to choose from, there's something for everyone. Participants rave about the atmosphere, saying, "The workouts are FUN! The trainers really focus on proper form, helping me to both protect my body AND get stronger."

Conclusion: Your Path to Health and Longevity Starts Here

With top-notch trainers who are passionate, knowledgeable, and attentive, **LongevityLab** stands out as a leading destination for personal training in Anchorage, Alaska. The combination of expert guidance, personalized programming, and a supportive community makes it the perfect place to work towards your fitness goals. Start your journey today, and experience the difference at LongevityLab!

The location of our premises is

4007 Old Seward Hwy #500, 99504 Anchorage, Alaska - United States (US)

The contact line of the mentioned **Personal trainer** is +1907-317-0054
And if you want to send a WhatsApp, you can do so at +1907-317-0054

Visit us during the following hours:

Day	Hours
Monday	Closed
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	6?AM–7?PM
Sunday	9?AM–12?PM

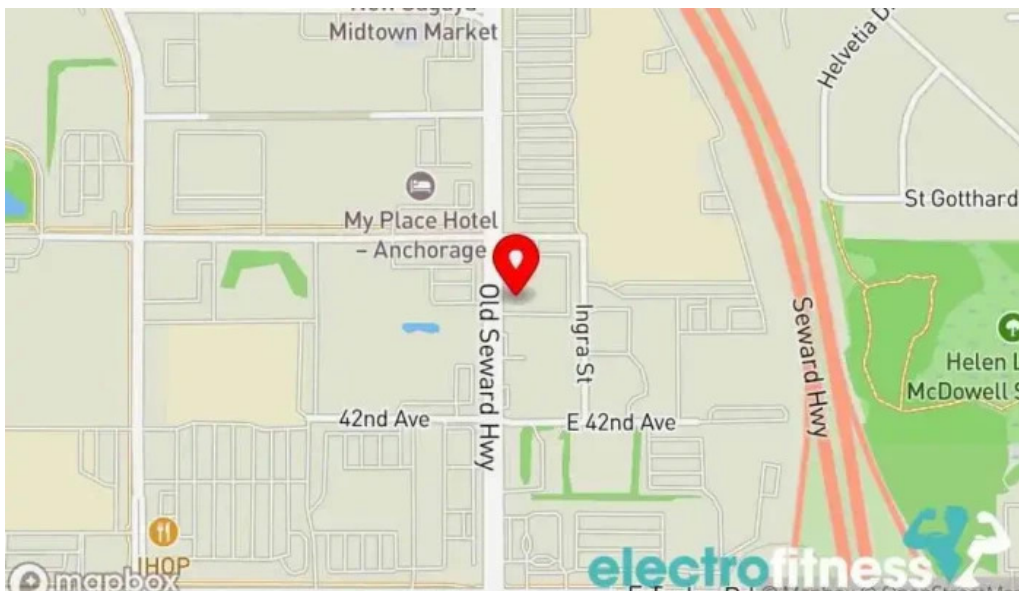
The website is LongevityLab

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Images



Longevitylab street view 360deg



Longevitylab map



Longevitylab anchorage



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Tags

Toilet, Wheelchair-accessible entrance, Service options, Amenities, Wheelchair-accessible car park, Wheelchair-accessible toilet, Planning, Accessibility, Appointments recommended, Online classes

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