

## Prime360 Performance and Lifestyle Coaching - Auburn

auburn

☐ I'm not a robot


  
RECAPTCHA

Published on: 29/05/25	Hits: 198
Comments: 0	See comments
Votes: 18	Score: 5

[https://www.electrofitness.com/personal-trainer/auburn/prime360-performance-and-lifestyle-coaching-auburn\\_352985.php](https://www.electrofitness.com/personal-trainer/auburn/prime360-performance-and-lifestyle-coaching-auburn_352985.php)



*auburn*

## *Prime360 Performance and Lifestyle Coaching - Auburn*

### **Discover PRIME360 Performance and Lifestyle Coaching in Auburn, Maine**

At PRIME360, we believe in a holistic approach to fitness and wellness, focusing on **\*\*Accessibility\*\*** for all individuals. Our facility is designed to accommodate everyone, featuring a **\*\*wheelchair-accessible entrance\*\***, **\*\*wheelchair-accessible toilet\*\***, and a **\*\*wheelchair-accessible car park\*\***. We strive to create an inclusive environment that fosters personal growth in health and fitness.

## **A Welcoming Space for Everyone**

PRIME360 is more than just a gym; it's a community where clients can learn and grow without shame or fear. Many have found strength, mobility, and courage through our tailored programs. Our clients often share how the **\*\*amenities\*\*** provided at our center enhance their experience. From state-of-the-art equipment to a clean and welcoming design, every aspect is carefully planned to support your journey.

## **Professional Services Tailored to You**

Our team understands that each client has unique needs. That's why appointments are recommended to ensure you receive personalized attention. Whether you are seeking physical therapy or personal training, our knowledgeable staff is dedicated to creating customized workouts that align with your specific goals. As one client remarked, "BJ (one of our trainers) invests himself in their client's success," showcasing our commitment to individual progress.

## **Client Success Stories**

Many clients have experienced significant changes in their lives after starting their journey at PRIME360. One client shared, "I have gone from 272lbs to 213, my blood work has improved, and I can feel the ways in which my body is stronger." Our trainers are known for their enthusiasm and effectiveness, making the training sessions both enjoyable and impactful.

## **Commitment to Excellence**

The feedback from our clients is overwhelmingly positive, with many highlighting our reasonable prices for such high-quality services. Clients appreciate the professional and caring atmosphere where they can safely work on their fitness goals. One satisfied customer stated, "BJ's passion and commitment is contagious," illustrating the inspiration that flows throughout our facility.

## **Ready to Transform Your Life?**

If you're considering a change, we encourage you to give PRIME360 a try. At the very least, you might discover something new that resonates with you. With our focus on **\*\*accessibility\*\*** and personalized service, we are here to support your fitness journey. Our **\*\*toilet facilities\*\*** and **\*\*waiting areas\*\*** are designed for comfort, ensuring a pleasant experience while you wait for your appointment.

## **Conclusion**

Visit PRIME360 Performance and Lifestyle Coaching in Auburn, Maine, and experience a unique blend of professional training and a supportive community atmosphere. With a commitment to accessibility and personal growth, we are

here to help you reach your full potential. Don't hesitate to contact us today to schedule your appointment!

**You can reach us at**

41 Stevens Mill Rd, 04210 Auburn, Maine - United States (US)

The phone of this **Personal trainer** is +1207-577-1873

And if you want to send a WhatsApp, you can do so at +1207-577-1873

**Our opening hours are:**

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

The website is PRIME360 Performance and Lifestyle Coaching

If you need to adjust any data that you feel is not correct regarding this page, we kindly request send a message so that we will adjust it at the earliest convenience. With anticipation thanks for your cooperation.

**Images**



*Prime360 performance and lifestyle coaching training*



*Prime360 performance and lifestyle coaching street view 360deg*



*Prime360 performance and lifestyle coaching physical fitness*



*Prime360 performance and lifestyle coaching map*





*Prime360 performance and lifestyle coaching gym*



*Prime360 performance and lifestyle coaching by owner*



*Prime360 performance and lifestyle coaching auburn*



*Prime360 performance and lifestyle coaching all*

## Tags

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

## Related content

---

**4.9 \*** *Auburn Fit1 - Auburn*

---

**5.0 \*** *Honecker Lifestyle Fitness - Bloomsburg*

---

**5.0 \*** *Lifestyle Power Yoga - Green Bay*

---

**4.8 \*** *Lifestyle Health Services Med Spa - Agoura Hills Weight Loss, Iv*

### *Therapy & Hydrafacial - Agoura Hills*

<b>4.9 *</b>	<i>Active Lifestyle Fitness, Llc - Agawam</i>
<b>4.7 *</b>	<i>Anytime Fitness - Auburn</i>
<b>5.0 *</b>	<i>Ignition Performance Coaching - Fort Wayne</i>
<b>4.5 *</b>	<i>CACFit - Auburn</i>
<b>4.6 *</b>	<i>Pivot Lifestyle + Fitness by Kristin Armstrong - Meridian</i>
<b>4.2 *</b>	<i>Lifestyle Fitness Center - Keyser</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym



boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community

general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist

outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
specialized clinic
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 pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization