

## Above The Barr Personal Training - Beaverton

beaverton

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## *Above The Barr Personal Training - Beaverton*

### Discover Above The Barr Personal Training in Beaverton, Oregon

Above The Barr Personal Training offers a unique fitness experience tailored to each individual's needs. Owned by Jaime, who identifies as Latino, the facility is designed to be inclusive and accommodating for all members of the community.

### Accessibility and Amenities

Understanding the diverse needs of its clientele, Above The Barr features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. The gym also takes pride in having a **wheelchair-accessible toilet**, ensuring that everyone can comfortably participate in their fitness journey.

## **Personalized Training and Planning**

At Above The Barr, Jaime emphasizes the importance of personalized training. From the moment you start, he conducts a thorough evaluation to identify your goals and physical limitations. As one satisfied client noted, "Jaime analyzes your situation and provides individualized programs based on your needs." This careful planning aids in maximizing results while minimizing the risk of injury.

## **Flexible Service Options**

Whether you're looking for in-person coaching or prefer to engage remotely, Above The Barr has various **service options**. Jaime offers **online classes** that allow clients to train from the comfort of their homes, making fitness more accessible than ever.

## **A Community Focused Atmosphere**

The environment at Above The Barr is described as supportive and welcoming, breaking away from the intimidating vibe often found in traditional gyms. Many clients have expressed appreciation for the community aspect, stating that "it's not just a gym; it feels like a family." This emphasis on community fosters motivation and accountability among members.

## **Outdoor Services and Holistic Approach**

In addition to indoor training, Above The Barr also offers **outdoor services**, taking advantage of the beautiful Oregon surroundings. This variety ensures clients remain engaged and enjoy their workouts in different settings.

## **Nutrition Guidance and Lasting Results**

Jaime's expertise extends beyond just physical training. He provides individualized nutrition programs that cater to each client's preferences and needs. Many clients have expressed their satisfaction, claiming they can enjoy food while still achieving their fitness goals. "I can eat what I enjoy AND lose weight!" one client enthusiastically shared.

## **Book Your Appointment Today!**

For those interested in transforming their fitness journey, appointments are recommended to ensure that Jaime can provide the most focused and effective training possible. Whether you're dealing with chronic pain, looking to increase strength, or simply want to lead a healthier lifestyle, Above The Barr Personal Training is here to help.

Join the many satisfied clients who have praised Jaime's personalized approach to fitness. "Jaime listens to you and adapts the workout to fit your body's needs," says another happy member. Start your journey at Above The Barr today!

### **The address of our establishment is**

18636 SW Hideo Ct, 97003 Beaverton, Oregon - United States (US)

The contact phone of the respective **Personal trainer** is +1661-434-8914

And if you want to send a WhatsApp, you can do so at +1661-434-8914

### **Our service hours are:**

Day Hours  
Monday

7?AM–3?PM

Tuesday

8?AM–12?PM

Wednesday

Closed

Thursday

6?AM–12?PM 5:30–8?PM

Friday

6?AM–12?PM 5:30–8?PM

Saturday

6?AM–12?PM 5–8?PM

Sunday

6?AM–12?PM 5:30–8?PM

The website is Above The Barr Personal Training

In case you want to change any information that you feel is incorrect about this page, we kindly request send us a message so we can we will adjust it promptly. In advance thank you very much.

## **Images**



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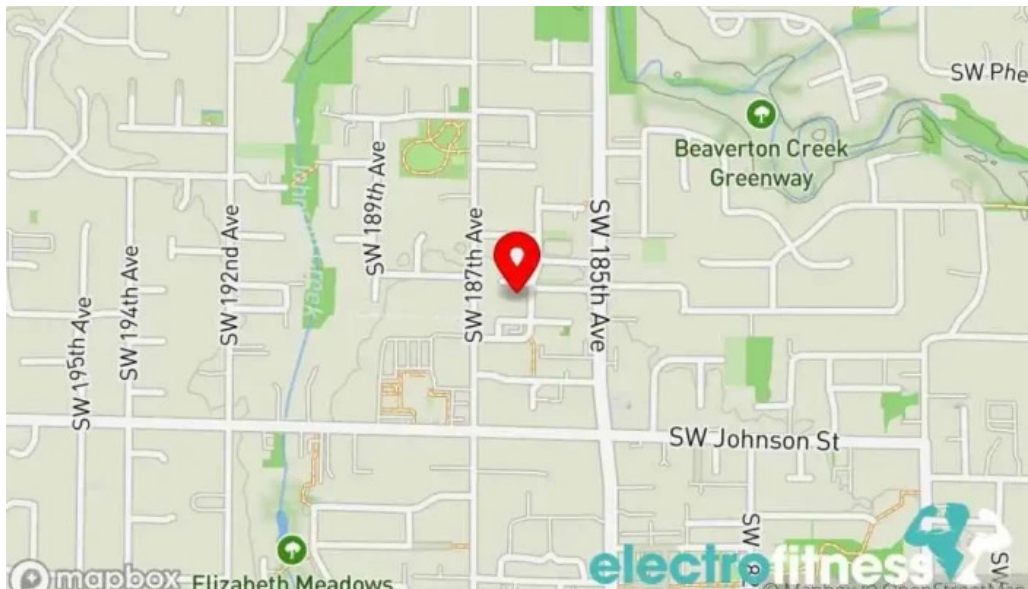




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## Tags

*Wheelchair-accessible car park, Planning, Accessibility, On-site services, Appointments recommended, Service options, Outdoor services, Identifies as Latino-owned, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Amenities, From the business, Toilet, Online classes*

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convenience store
corporate office
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disability services and support organization

disc golf course
dollar store
educational institution
elementary school
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facial spa
firearms academy
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gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
medical group

medical spa
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metaphysical supply store
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nutritionist
outdoor sports store
outdoor swimming pool
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parking lot
parkour spot
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pharmacy
physical fitness program
physical therapist
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pickleball court
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rehabilitation center
resort hotel
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
sporting goods store
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sports complex
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swimming instructor
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