

Fitness x Floyd Llc - Beaverton

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Experience Personalized Fitness Training at Fitness x Floyd LLC in Beaverton, Oregon

At ****Fitness x Floyd LLC****, clients have the unique opportunity to experience tailored training programs designed by the incredible Gwen, a personal trainer who goes above and beyond to help individuals reach their fitness goals. Whether you're aiming to improve your overall health or train for an upcoming adventure like climbing Kilimanjaro, Gwen's expertise will guide you every step of the way.

Service Options and Accessibility

Fitness x Floyd LLC offers a variety of ****service options**** to cater to different needs. The facility features a ****wheelchair-accessible entrance**** and ****car park****, ensuring that everyone can enjoy the benefits of personal training regardless of mobility challenges. Additionally, the gym includes a ****wheelchair-accessible toilet****, emphasizing inclusivity in fitness. Appointments are required for on-site services, making it easy to schedule your sessions in advance. For those who prefer to work out from home, ****online classes**** are also available, allowing clients to engage in fitness routines that fit their schedules. ****Appointments are recommended**** to ensure personalized attention during each session.

Amazing Amenities and Outdoor Services

Clients appreciate the immaculate condition of the gym, which is equipped with various amenities designed for effective workouts. Gwen emphasizes a holistic approach, offering ****outdoor services**** that promote overall well-being while encouraging clients to enjoy the benefits of nature in their fitness journey.

Client Testimonials: Why Choose Gwen as Your Personal Trainer?

The feedback from satisfied clients speaks volumes about Gwen's dedication and skill as a personal trainer. One client shared, "Gwen meets you where you're at in life. She practices a sustainable fitness routine so that you can learn to love fitness for life." This personalized approach ensures that every client feels valued and understood. Another client expressed gratitude for Gwen's supportive nature, stating, "I feel challenged, yet never at risk of injury." Gwen's ability to tailor workouts to each individual's specific abilities allows clients to push themselves while maintaining safety.

Building Confidence and Achieving Goals

Gwen's clients regularly highlight the confidence they gain through her expert guidance. With tailored programs focusing on specific target areas, one client noted, "Each session begins with warm-ups, some dynamic movement and then in each session she has worked on specific target areas." This structured yet flexible approach helps clients see continuous improvement. The level of care Gwen provides doesn't stop when the session ends. "She checks in with me regularly, helping me stay disciplined with my workouts between sessions," said another satisfied client. This commitment to follow-up and support amplifies the effectiveness of the training program, making it easier for clients to stay accountable.

Sustainability and Long-Term Health

Fitness x Floyd LLC is not just about temporary results; it's about creating healthy habits that last a lifetime. As one client articulated, "I'm learning more

about what my body needs and I'm getting more out of each rep with her emphasis on form." Gwen instills a mindset focused on long-term wellness, helping clients shift their habits and lifestyle for sustainable health improvements.

Conclusion: Start Your Fitness Journey Today

At ****Fitness x Floyd LLC****, clients receive more than just workouts; they gain a supportive environment that fosters growth, motivation, and overall well-being. With Gwen's compassion, knowledge, and dedication, you are assured of a personalized fitness experience tailored to your unique needs and goals. Don't wait any longer to embark on your fitness journey—contact Gwen today to start transforming your life!

The location of our business is in

16789 SW Blackberry Ln, 97007 Beaverton, Oregon - United States (US)

The phone number of this **Personal trainer** is +1619-867-9670

And if you want to send a WhatsApp, you can do so at +1619-867-9670

Our service hours are:

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

The website is Fitness x Floyd LLC

If necessary to change any element that you feel is not accurate about this site, we ask forward a message so we can we will adjust it at the earliest convenience. Thanks beforehand thank you very much.

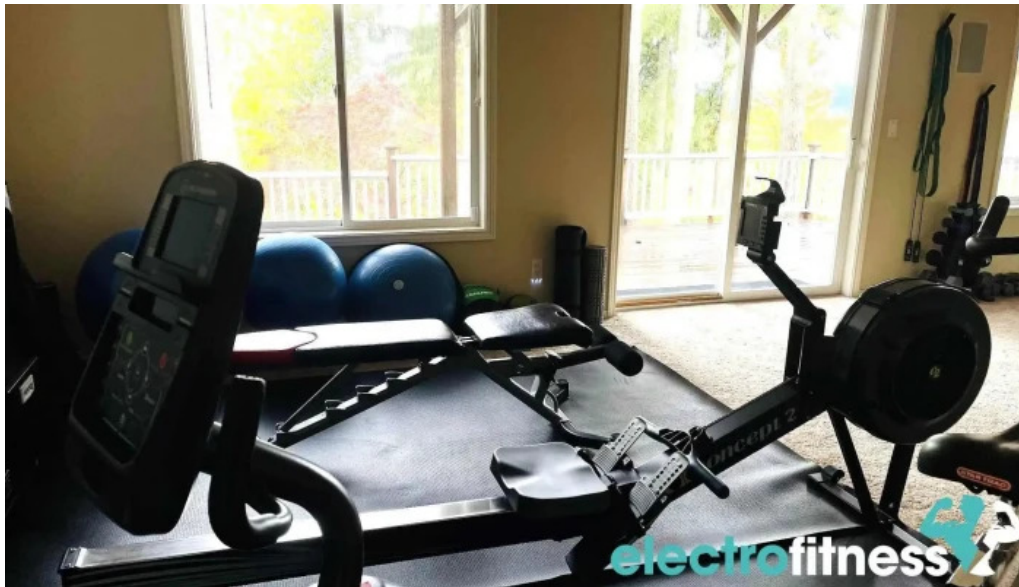
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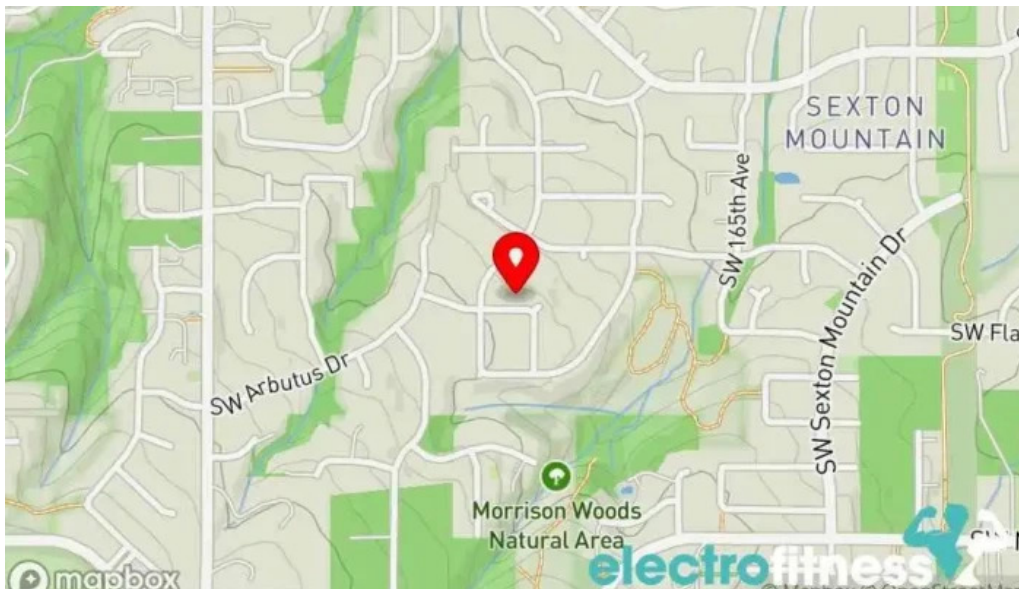
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Tags

Appointments recommended, Outdoor services, Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible toilet, Wheelchair-accessible car park, Toilet, On-site services, Amenities, Appointment required, Planning, Online classes, Service options

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