

Liven Up Fitness - Bethlehem

bethlehem

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Discover Liven Up Fitness: Your Personal Training Haven in Bethlehem, Pennsylvania

Liven Up Fitness is not just a gym; it's a community where personal training meets inclusivity and support. Located in Bethlehem, Pennsylvania, this ****women-owned**** business prides itself on creating a welcoming environment for individuals of all fitness levels, including being a ****transgender safe space**** and ****LGBTQ+ friendly****.

Accessibility and Amenities

Liven Up Fitness emphasizes **accessibility** for everyone. With a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, the facility ensures all members feel comfortable and welcomed. The **on-site parking** includes **free parking lot** options, making it convenient for all clients to visit without the hassle of finding a spot. Beyond physical accessibility, Liven Up offers **outdoor services** and **online classes** for those who prefer to work out from home or in nature, providing a flexible approach to fitness that fits into busy lifestyles. **Toilet** facilities are easily accessible, ensuring comfort during your visit.

Experience Tailored Personal Training

Many members rave about the personalized attention they receive at Liven Up Fitness. Trainers work closely with clients, ensuring that exercises are tailored to individual fitness levels and goals. As one member noted, “The coaches are always good about working with me one-on-one and modifying parts of the routine for my fitness level and health issues.” Appointments are highly recommended, as small class sizes—usually capped at around 10—allow for a more intimate and engaging atmosphere. This setting fosters community spirit without overwhelming new members, making it an ideal place for those who might be intimidated by larger gyms.

A Community That Cares

Liven Up Fitness isn't just about workouts; it's about building connections and a sense of belonging. Members often describe arriving at the gym as stepping into a family. As one client expressed, “You're not alone; you're family.” This supportive environment is crucial for anyone, especially those who may have felt like outsiders in traditional gym settings. The community hosts various events, encouraging camaraderie among members while supporting good causes. Whether you're attending a group class or participating in a community event, you'll find a crowd dedicated to help each other succeed.

Invest in Your Health

Liven Up Fitness stands out for its commitment to quality. While classes may come at a premium, many members attest that the investment pays off, with substantial progress reported in their fitness journeys. “You will pay more for classes here, but it's well worth it if your goal is looking fitter, as quickly as possible,” one satisfied member shared. With options for **private training**, **semi-private sessions**, and group classes, Liven Up offers flexible, high-quality training tailored to your needs. The instructors' knowledge and encouragement create an atmosphere where everyone can thrive.

Join the Movement

If you're seeking a gym that feels like a second home, look no further than Liven Up Fitness in Bethlehem, Pennsylvania. With a welcoming space

designed for every individual and a dedicated team ready to support your fitness goals, you won't regret stepping through those doors. Join today and experience the difference of a gym that prioritizes your success and well-being!

The business is situated at

57 S Commerce Way #140, 18017 Bethlehem, Pennsylvania - United States (US)

The contact phone of said **Personal trainer** is +1610-686-8223

And if you want to send a WhatsApp, you can do so at +1610-686-8223

We are available at these times:

Day	Hours
Monday	5?AM–7?PM
Tuesday	5?AM–2?PM
Wednesday	8–11?AM
Thursday	Closed
Friday	5?AM–7?PM
Saturday	5?AM–7?PM
Sunday	5?AM–7?PM

The website is Liven Up Fitness

In case you want to change any information that you think is not precise about this site, we kindly request deliver a message so we can we will fix it quickly. With anticipation thanks.

Images



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Liven up fitness training



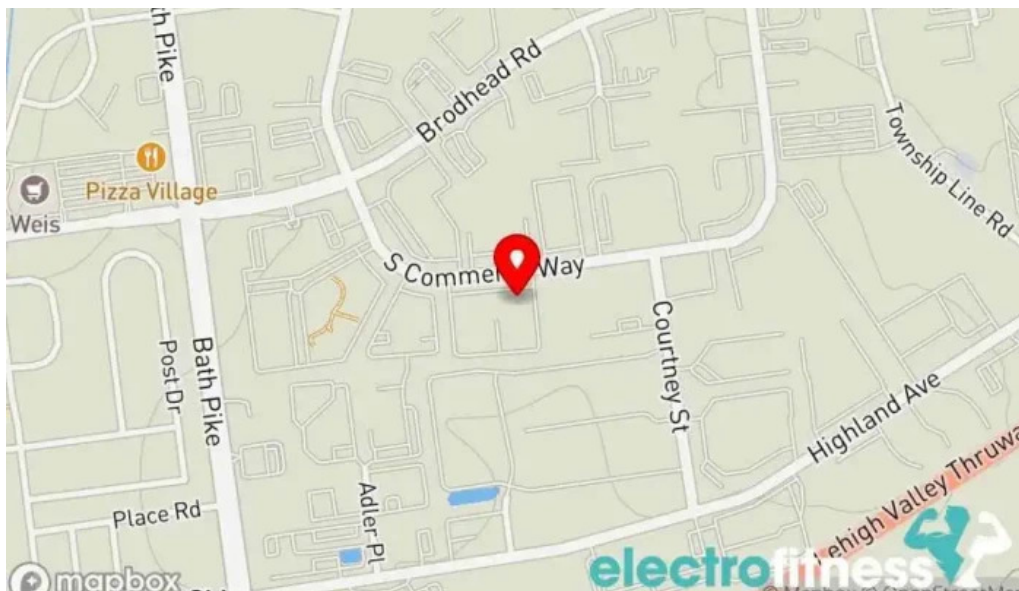
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Liven up fitness bethlehem



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Tags

Appointment required, Free parking lot, From the business, Wheelchair-accessible entrance, Planning, Crowd, Amenities, Outdoor services, Transgender safe space, Wheelchair-accessible seating, On-site services, Identifies as women-owned, Wheelchair-accessible car park, Parking, LGBTQ+ friendly, Appointments recommended, Toilet, On-site parking, Service options, Accessibility, Online classes

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