

On the Verge Health and Fitness Coaching - Bethpage

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Exploring On the Verge Health and Fitness Coaching

If you are in Bethpage, Tennessee, and looking for a transformative fitness experience, look no further than **On the Verge Health and Fitness Coaching**. This exceptional facility identifies as a women-owned business, emphasizing empowerment and supportive training tailored specifically for women.

From the Business: A Unique Approach to Fitness

At On the Verge, the focus is not just on losing weight but on holistic health. As one of the clients shared, "I learned how to ditch the diet and eat for nutrition." The coaching philosophy encourages clients to move away from restrictive dieting and instead embrace balanced nutrition and strength training. This comprehensive approach fosters lasting change and promotes overall well-being.

Planning Your Visit: Amenities and Services

When visiting On the Verge, you'll find a range of **amenities** designed to make your experience comfortable and effective. The facility features:

**Wheelchair-accessible entrance Wheelchair-accessible car park
Wheelchair-accessible seating Toilet facilities** that are also accessible

Accessibility and On-Site Services

Accessibility is a priority at On the Verge. The facility aims to ensure that everyone can enjoy their services without barriers. They offer **on-site services** tailored to meet individual needs, with programs designed around specific health limitations. As another satisfied client noted, "My training program has been made around my health issues and limitations."

Flexible Service Options

On the Verge provides a variety of **service options** to cater to different preferences and schedules. Whether you prefer traditional in-person training or the convenience of **online classes**, this coaching center accommodates both. Appointments are recommended to ensure personalized attention and optimal results.

Language Assistance

All services are provided in English, making it accessible for those who speak the language. This supportive environment fosters a sense of community where clients can thrive and feel understood.

A Life-Changing Experience

Many clients attest to the profound impact that working with a personal trainer like Barb has had on their lives. As one individual expressed, "Going it alone can be overwhelming, but having a professional friend can be life-changing." This sentiment echoes throughout the testimonials of those who have transformed their lives with the help of On the Verge Health and Fitness Coaching.

Conclusion

For anyone in Bethpage, TN, seeking a supportive and inclusive environment to achieve their health and fitness goals, **On the Verge Health and Fitness Coaching** stands out as a beacon of hope and empowerment. Plan your visit today and start your journey toward a healthier, happier you.

Our business is at

1069 Les Brown Rd, 37022 Bethpage, Tennessee - United States (US)

The phone of said **Personal trainer** is +1615-440-7666

And if you want to send a WhatsApp, you can do so at +1615-440-7666

Our business hours are:

Day	Hours
Monday	8?AM–5:30?PM
Tuesday	8?AM–5?PM
Wednesday	7:30?AM–5:30?PM
Thursday	7:30–11?AM
Friday	6:30–10?AM
Saturday	Closed
Sunday	7:45?AM–5?PM

The website is On the Verge Health and Fitness Coaching

If necessary to change any data that you consider is not accurate about this page, please forward a message and we will correct it quickly. Thank you in advance thanks.

Images



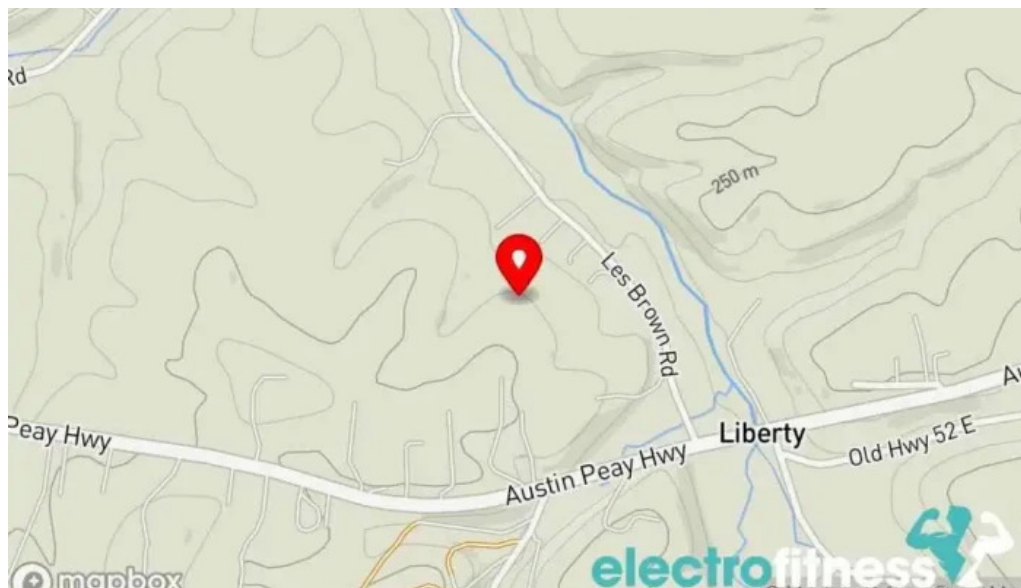
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Tags

Identifies as women-owned, Wheelchair-accessible car park, Appointments recommended, Toilet, Service options, Amenities, Accessibility, Planning, On-site services, Language assistance, From the business, Wheelchair-accessible seating, Online classes, Wheelchair-accessible entrance

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