

Vk Health and Wellness - Cape Coral

cape coral

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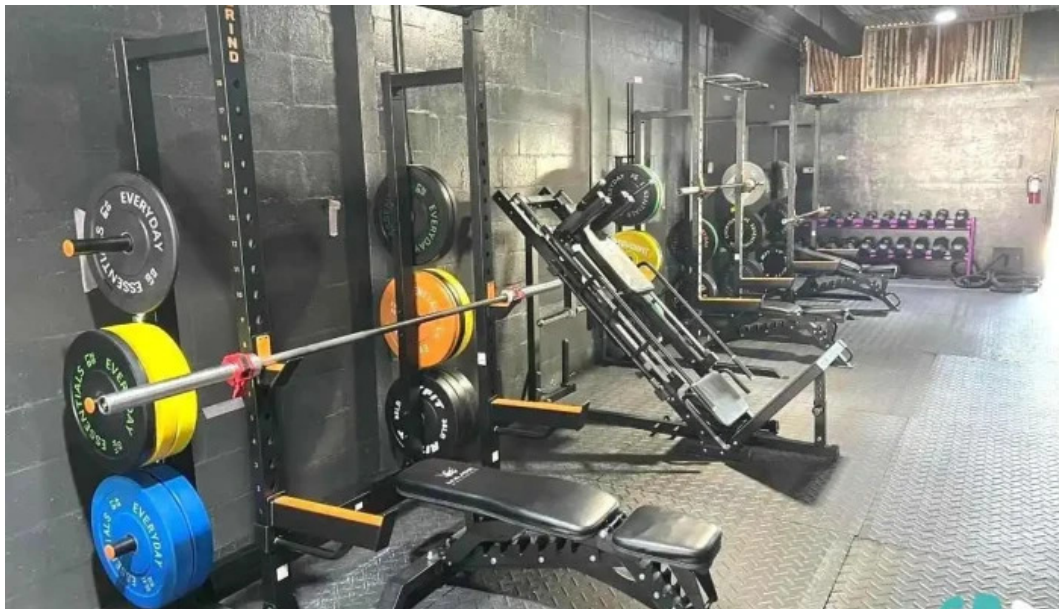


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Vk Health and Wellness - Cape Coral

Vk Health and Wellness: Your Personal Trainer in Cape Coral, Florida

At ****Vk Health and Wellness****, located in Cape Coral, Florida, personal training takes on a transformative approach. With exceptional trainers, like Vince, clients have reported significant changes in their health and well-being.

Accessibility Features for Everyone

One of the key aspects of Vk Health and Wellness is its commitment to accessibility. The facility boasts a ****wheelchair-accessible entrance**** and a

****wheelchair-accessible car park****, ensuring that all individuals can comfortably access services. Additionally, there's a ****wheelchair-accessible toilet**** available on-site, making it convenient for everyone who visits.

Amenity-Rich Environment

Vk Health and Wellness offers a range of amenities designed to enhance your fitness journey. From state-of-the-art equipment to personalized training plans, the environment supports both personal growth and physical improvement. Vince emphasizes that he invests considerable thought and care into developing individualized training regimes tailored to meet your specific goals.

Planning Your Fitness Journey

At Vk Health and Wellness, planning is crucial. To ensure that every client receives the attention they deserve, ****appointments are recommended****. This structured approach allows for focused sessions that cater to each individual's needs, fostering a supportive atmosphere for self-improvement.

Client Testimonials

Many clients have shared their positive experiences at Vk Health and Wellness. One enthusiastic testimonial highlights how Vince has "made a huge difference in my life and health." The supportive training environment combined with Vince's expertise provides motivation and guidance, enabling clients to become "something more than they are today."

Conclusion

If you're seeking a personal trainer in Cape Coral who prioritizes accessibility and customized plans, look no further than Vk Health and Wellness. With the right amenities, a commitment to planning, and a welcoming environment, this facility stands out as a beacon of hope for anyone aiming to improve their fitness and overall health.

You can come to our business at

815 SE 47th St, 33904 Cape Coral, Florida - United States (US)

The phone number of said **Personal trainer** is +1609-744-2121

And if you want to send a WhatsApp, you can do so at +1609-744-2121

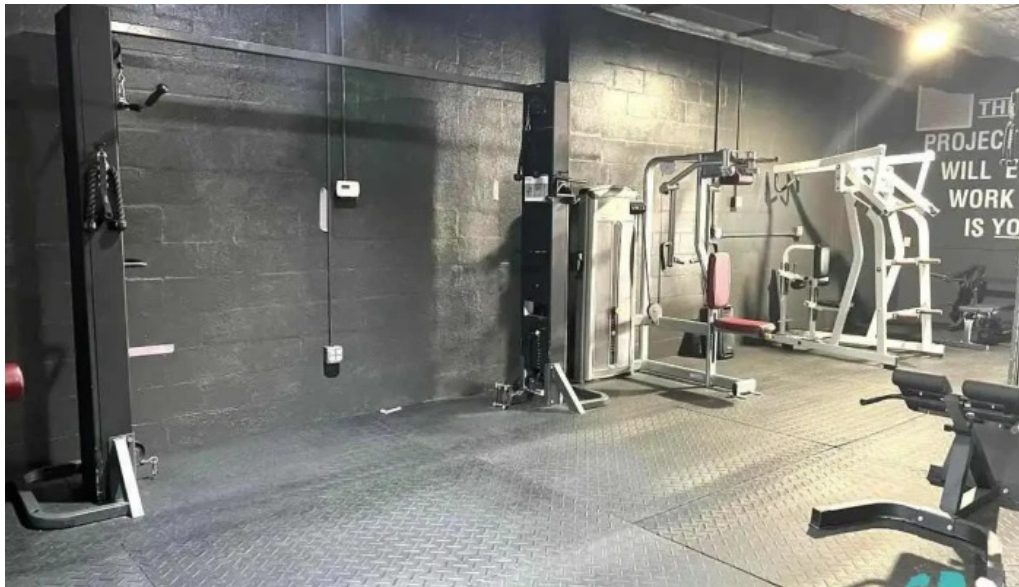
Our opening hours are:

Day Hours
Monday
6?AM–4?PM

Tuesday
6?AM–5?PM
Wednesday
Closed
Thursday
6?AM–4?PM
Friday
6?AM–4?PM
Saturday
6?AM–4?PM
Sunday
6?AM–4?PM

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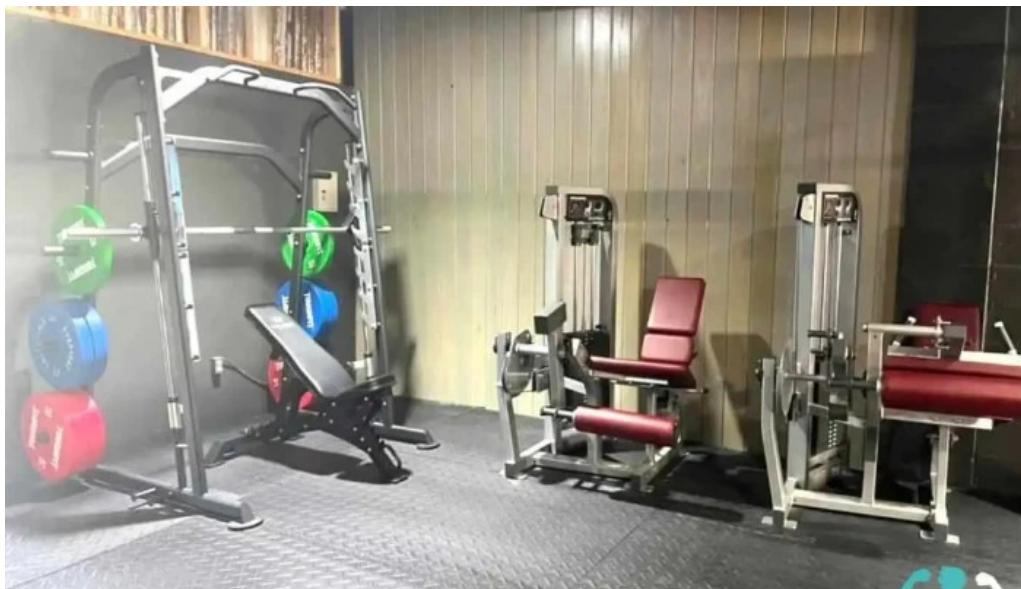
Images



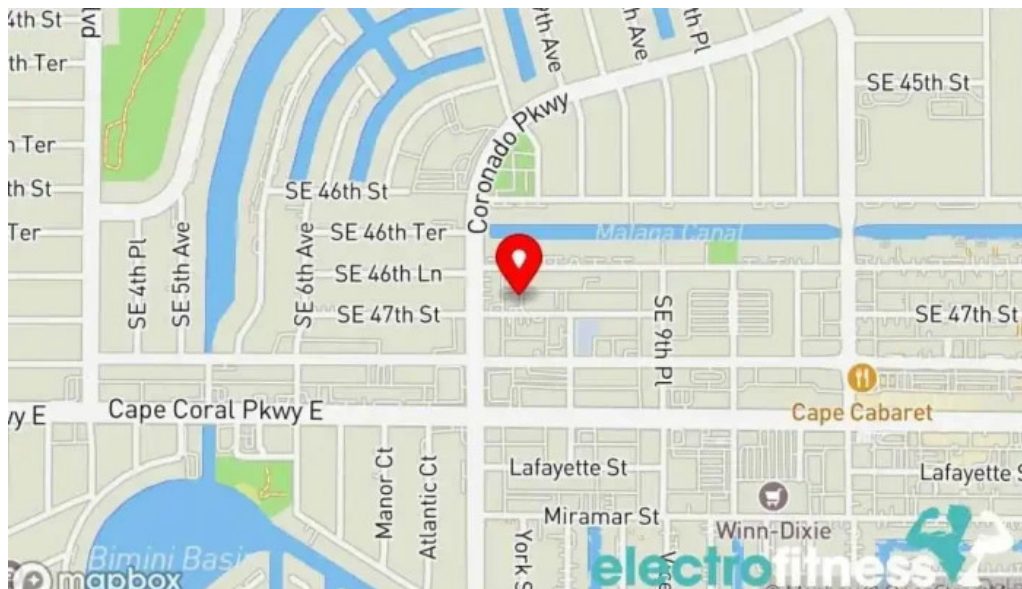
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Vk health and wellness physical fitness



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Vk health and wellness gym



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Tags

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

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dance company

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fitness
fitness center
fitness equipment wholesaler
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golf club
golf course
golf instructor
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gun club
gym
gymnasium school
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weight loss service
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wrestling school
yoga instructor
yoga studio
youth center
youth organization