

## Move Personal Training and Weight Management - Covington

covington

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## *Move Personal Training and Weight Management - Covington*

### **Exploring Move Personal Training and Weight Management in Covington, Virginia**

If you're looking for a fitness center that combines quality training with essential amenities, **\*\*Move Personal Training and Weight Management\*\*** in Covington, Virginia, is an excellent choice.

### **Amenities That Enhance Your Experience**

At Move, the focus is not just on personal training but also on providing a comprehensive environment that caters to all your fitness needs. **\*\*Amenities\*\*** include a fully equipped gym, modern workout equipment, and spacious areas for group classes. This ensures that you have everything you need to reach your fitness goals efficiently.

### **Accessibility for Everyone**

One of the standout features of Move Personal Training is its commitment to **\*\*accessibility\*\***. The facility is designed to accommodate individuals of all fitness levels, including those with disabilities. This focus on inclusivity allows everyone to participate in their fitness journey without barriers.

### **Comfortable Facilities**

A significant aspect of any fitness center is its facilities. Move Personal Training offers clean and well-maintained spaces, including **\*\*toilet\*\*** facilities that are regularly serviced. This attention to cleanliness ensures a comfortable experience for all clients.

### **Wheelchair-Accessible Car Park**

For those who require additional support, the **\*\*wheelchair-accessible car park\*\*** at Move Personal Training guarantees easy access to the facility. This thoughtful feature reflects the center's dedication to making fitness accessible for everyone, regardless of mobility challenges.

### **Conclusion**

In summary, Move Personal Training and Weight Management in Covington, Virginia, stands out for its excellent **\*\*amenities\*\***, commitment to **\*\*accessibility\*\***, and focus on providing a welcoming experience for all clients. Whether you are starting your fitness journey or looking to enhance your current routine, this facility is equipped to support you every step of the way.

### **Our premises are located at**

5116 Indian Draft Rd, 24426 Covington, Virginia - United States (US)

The contact line of this **Personal trainer** is +1540-968-6017

And if you want to send a WhatsApp, you can do so at +1540-968-6017

### **Our business hours are:**

Day Hours  
Monday  
Closed

Tuesday  
6?AM–7?PM  
Wednesday  
6?AM–7?PM  
Thursday  
6?AM–7?PM  
Friday  
6?AM–7?PM  
Saturday  
6?AM–7?PM  
Sunday  
Closed

The website is [Move Personal Training and Weight Management](#)

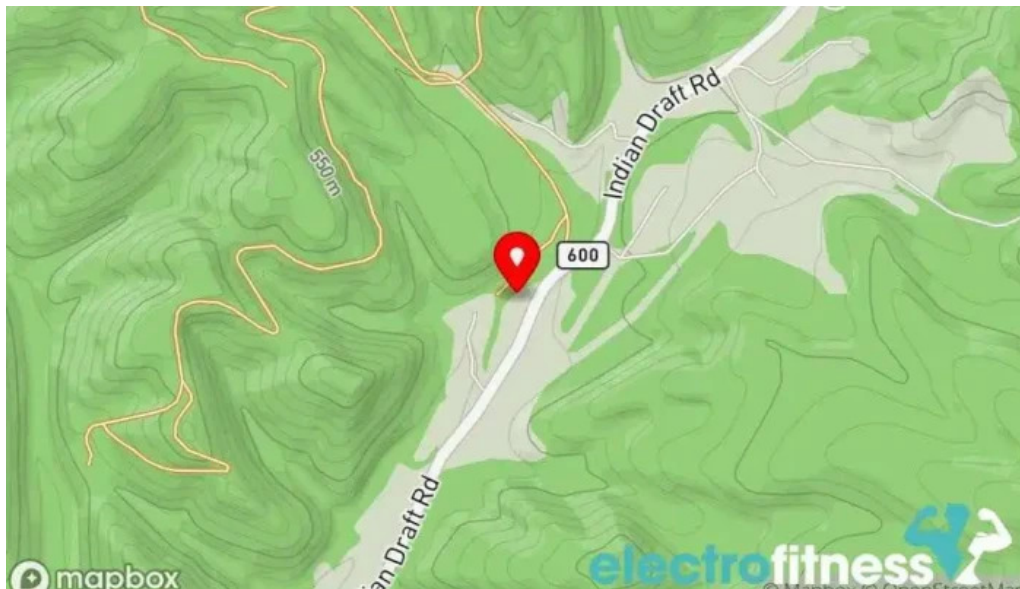
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## Images



*Move personal training and weight management street view 360deg*

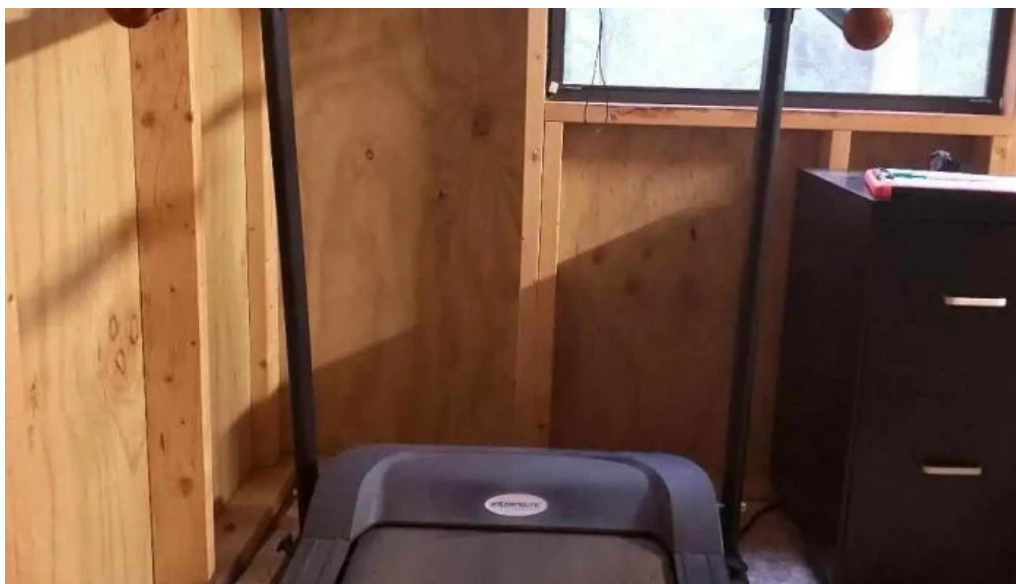




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## Tags

*Accessibility, Amenities, Wheelchair-accessible car park, Toilet*

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## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
college
community center

convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school

kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
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
software company



spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization