

## Ascension Fitness Training - Ham Lake

ham lake

☐ I'm not a robot


  
RECAPTCHA

Published on: 29/05/25	Hits: 220
Comments: 0	See comments
Votes: 20	Score: 4.8

[https://www.electrofitness.com/personal-trainer/ham-lake/ascension-fitness-training-ham-lake\\_35180](https://www.electrofitness.com/personal-trainer/ham-lake/ascension-fitness-training-ham-lake_35180)

8.php



*ham lake*

## *Ascension Fitness Training - Ham Lake*

### Welcome to Ascension Fitness Training, Ham Lake Minnesota

If you're searching for a personalized fitness experience in Ham Lake, Minnesota, look no further than **Ascension Fitness Training**. This establishment not only focuses on helping you achieve your fitness goals but also prioritizes **accessibility** for all clients.

### Accessibility Features

Ascension Fitness Training is committed to ensuring that everyone feels welcomed and comfortable during their workouts. Key **accessibility** features include:

**Wheelchair-accessible entrance:** The facility is designed to welcome individuals with mobility challenges, providing easy access to the gym.

**Wheelchair-accessible car park:** Convenient parking spaces are available, ensuring ease of access for all clients. **Wheelchair-accessible toilet:** Restroom facilities are equipped to accommodate individuals with disabilities.

## **Exceptional Amenities**

At Ascension Fitness, members enjoy a variety of **amenities** that enhance their fitness journey. In addition to standard gym equipment, the facility offers specialized classes such as Krav Maga and yoga, which are perfect for building strength and confidence.

## **Community and Support**

The sense of community at Ascension Fitness is palpable. Clients often describe the environment as both welcoming and motivating. One family shared their experience from a self-defense class, expressing gratitude for the supportive atmosphere created by instructor George, who made everyone feel comfortable and safe.

As one satisfied member noted, "The trainers know their stuff, and motivate you to always do your best." This collective spirit makes every visit feel like a gathering among friends, each encouraging the other to succeed.

## **Personalized Training Approach**

Ascension Fitness Training prides itself on individualized attention. Trainers like Bill and Michele focus on each client's unique needs, tailoring workouts to accommodate varying fitness levels and personal goals. Whether it's modifying exercises for injuries or crafting a healthy meal plan, clients appreciate the comprehensive support they receive.

## **Remarkable Progress**

Clients have reported impressive results, such as significant improvements in strength training and overall health. A participant in the 90-day Rise Challenge noted incredible increases in their performance, highlighting the effective training methods employed by the staff.

## **Building Confidence**

The impact of training extends beyond physical fitness. Parents have seen their children gain confidence through classes like Krav Maga, providing peace of mind regarding their safety. As one mother expressed, it's reassuring to know her daughter is learning to recognize unsafe situations and defend herself effectively.

## Join the Ascension Fitness Family

Ascension Fitness Training stands out as a premier destination for anyone looking to enhance their health and well-being. With its accessible features, dedicated instructors, and strong community support, there's no better place to embark on your fitness journey. If you're ready to transform your life, come experience the difference at Ascension Fitness today!

### The location of our business is in

1321 Andover Blvd NE Suite 106, 55304 Ham Lake, Minnesota - United States (US)

The contact line of said **Personal trainer** is +1763-334-1913

And if you want to send a WhatsApp, you can do so at +1763-334-1913

### We are available at these times:

Day Hours  
Monday

5–11?AM 2–7:30?PM

Tuesday

5–11?AM 2–7:30?PM

Wednesday

5–11?AM 2–6?PM

Thursday

7–8:30?AM

Friday  
Closed

Saturday

5–11?AM 2–7:30?PM

Sunday

5–11?AM 2–7:30?PM

If you wish to modify any detail that you think is not precise regarding this portal, please send a message so that we will fix it as soon as possible. In advance thanks for your cooperation.

## Images



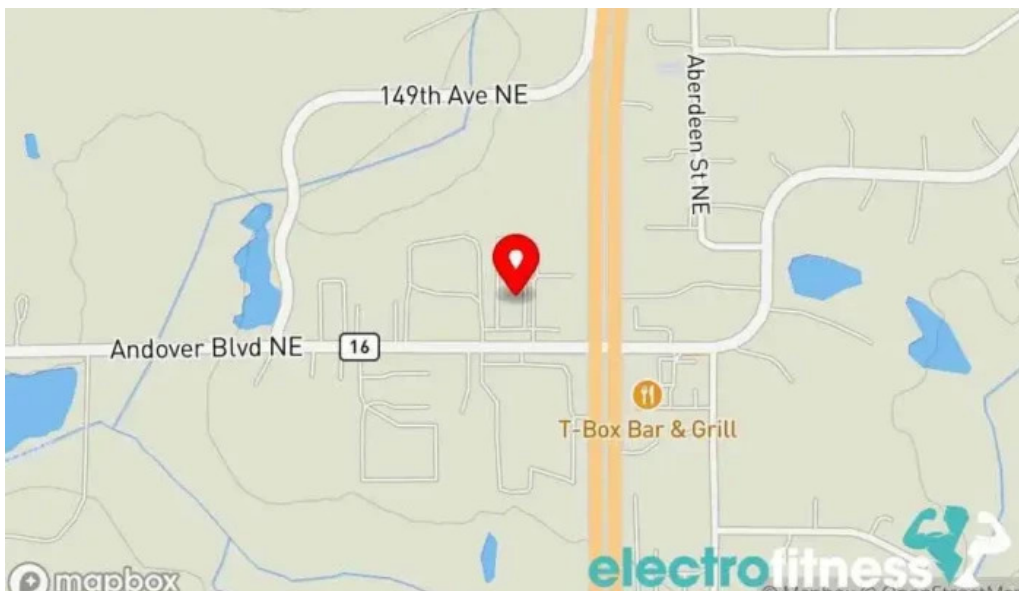
*Ascension fitness training training*



*Ascension fitness training street view 360deg*



*Ascension fitness training physical fitness*



*Ascension fitness training map*





*Ascension fitness training ham lake*



*Ascension fitness training by owner*



*Ascension fitness training all*

## Tags

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

## Related content

5.0 *	<i>Lake Tahoe Yoga Paddle Yoga Classes - South Lake Tahoe</i>
4.2 *	<i>Snap Fitness Medical Lake - Medical Lake</i>
4.4 *	<i>Lake Tahoe Golf Course - South Lake Tahoe</i>
5.0 *	<i>Atos Jiu Jitsu Lake Tahoe - South Lake Tahoe</i>
5.0 *	<i>Lake Tahoe Yoga - Stateline</i>
4.2 *	<i>Ymca of Alaska Lake Otis - Anchorage</i>
4.5 *	<i>Grand Lake Fitness Center Llc - Afton</i>
3.8 *	<i>Chicken Lake - Alvord</i>
5.0 *	<i>Lake Champlain Yoga &amp; Wellness - Essex</i>
5.0 *	<i>Lake Tahoe Yoga Beach Classes - Glenbrook</i>

## Categories

academic department
---------------------

acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space



cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark

hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist

public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social 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
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre

vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization