

Performance Fitness Training Hanover - Hanover

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Discover Performance Fitness Training in Hanover, PA

If you're looking for a transformative fitness experience, ****Performance Fitness Training**** in Hanover, Pennsylvania, is your destination. Whether you're a fitness newbie or an experienced athlete, this facility offers tailored programs that meet diverse needs.

Planning Your Fitness Journey

At Performance Fitness Training, meticulous ****planning**** is key to achieving

fitness goals. The gym provides personalized training sessions with expert trainers like Mitch and Lily. Their approach ensures that each workout is designed to push you toward success.

Accessibility Features for All

Performance Fitness Training prioritizes **accessibility** for everyone. With a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, the gym welcomes individuals with mobility challenges. Additionally, the **wheelchair-accessible car park** makes it convenient for all visitors.

A Welcoming Environment

Members praise the **friendly staff** and clean facilities at Performance Fitness Training. The gym includes a fantastic selection of equipment and features a **women's only section**, which fosters a comfortable atmosphere for female members.

Appointments Recommended for Personalized Attention

To maximize your fitness journey, it is highly recommended to schedule appointments with trainers. They provide on-site services tailored to individual needs, ensuring personalized attention and support throughout your training.

Online Classes for Flexibility

In addition to on-site services, Performance Fitness Training also offers **online classes**. This flexibility allows members to stay engaged with their fitness routines, even from home.

Amenities That Enhance Your Experience

Performance Fitness Training doesn't just focus on workouts; it also considers member experience. With various **amenities** available, you can enjoy your time at the gym while working towards your personal fitness goals.

Member Testimonials

The positive feedback from members underscores the quality of service provided at Performance Fitness Training. One member shared, "Mitch, my trainer, makes working out fun and enjoyable...and he's so motivating!" Many members express that their time spent at the gym is not only about physical fitness but also about social interaction and personal growth. However, it's essential to note varying experiences with **business practices** regarding refunds. Some members highlighted their concerns about policies, particularly when unexpected life changes occur. It's crucial to be aware of these aspects before committing.

Conclusion: Your Fitness Awaits

With top-notch trainers and a commitment to accessibility, **Performance Fitness Training** in Hanover is an excellent choice for anyone looking to reach

their fitness goals. The supportive community and tailored programs make it a standout gym for all fitness enthusiasts. Don't hesitate to explore what they have to offer—your fitness journey begins here!

Our establishment is located at

1665 Broadway Suite 101, 17331 Hanover, Pennsylvania - United States (US)

The phone of this **Personal trainer** is +1717-836-1551

And if you want to send a WhatsApp, you can do so at +1717-836-1551

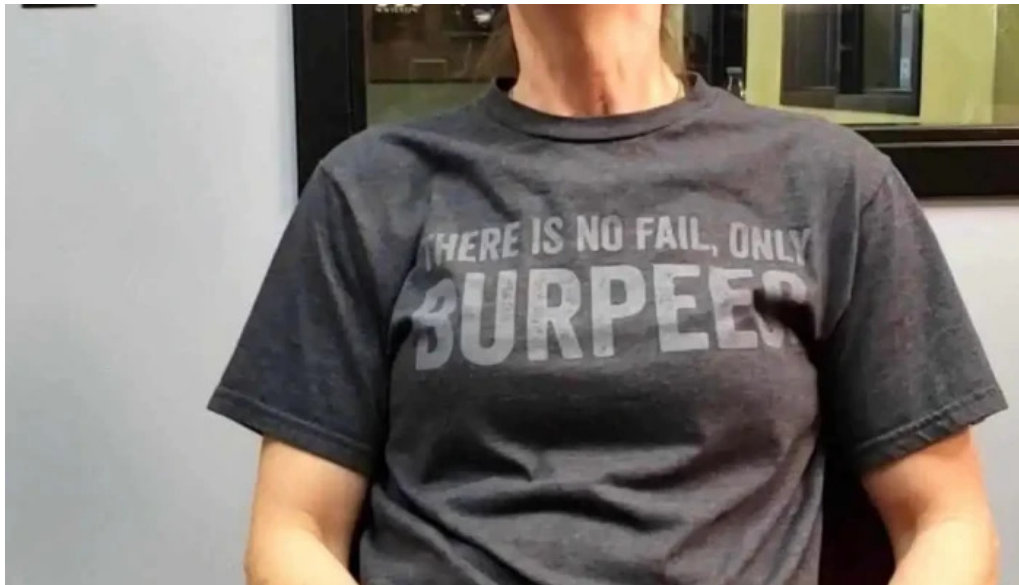
Our service hours are:

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	7?AM–2?PM
Thursday	7?AM–12?PM
Friday	5?AM–9?PM
Saturday	5?AM–9?PM
Sunday	5?AM–9?PM

The website is Performance Fitness Training Hanover

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Performance fitness training hanover training



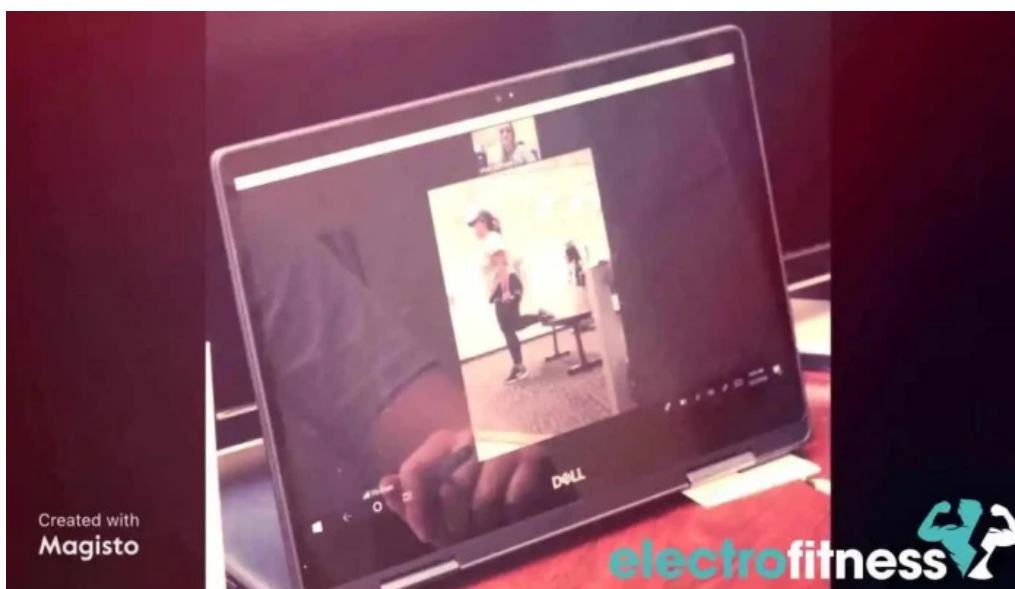
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Performance fitness training hanover map



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Tags

Online classes, Planning, Wheelchair-accessible entrance, Service options, Accessibility, Appointments recommended, Wheelchair-accessible toilet, Toilet, On-site services, Amenities, Wheelchair-accessible car park

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