

## The Shed Personal Training - Hollidaysburg

hollidaysburg

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*hollidaysburg*

### *The Shed Personal Training - Hollidaysburg*

#### **Explore The Shed Personal Training in Hollidaysburg, Pennsylvania**

The Shed Personal Training is the go-to destination for fitness enthusiasts in Hollidaysburg, Pennsylvania. This facility offers a range of **\*\*amenities\*\*** designed to cater to all your workout needs, ensuring that every visit is a rewarding experience.

#### **Exceptional Facilities**

Visitors frequently commend the gym's **\*\*exceptional facilities\*\***. The Shed

features a variety of machines and free weights, allowing patrons to tailor their workouts as needed. The cleanliness of the gym is also noteworthy—maintaining a spotless environment enhances the overall experience for everyone.

### **Accessibility Matters**

One of the standout features of The Shed Personal Training is its commitment to **accessibility**. The gym boasts a **wheelchair-accessible car park**, enabling easy access for individuals with mobility challenges. Inside, you will find a **wheelchair-accessible toilet**, ensuring that all visitors can enjoy the amenities without any barriers.

### **Supportive Staff and Personal Trainers**

Customers express high praise for the staff, highlighting how **helpful** and welcoming they are. As noted in various reviews, "Curtis is a great guy and really cares about the people he trains." Both Curtis and Shannon have been recognized for their dedication, making the training experience even more enjoyable. Many members describe The Shed as their favorite gym, emphasizing the supportive environment that encourages personal growth and fitness achievement.

### **Open 24/7 for Your Convenience**

Another significant advantage of The Shed Personal Training is its round-the-clock availability. Open **24/7**, this gym provides unparalleled flexibility for anyone looking to fit workouts into a busy schedule—whether you're a local or just visiting.

### **Why Choose The Shed?**

Whether you are aiming to build muscle or lose weight, The Shed offers everything you need to reach your goals. With top-notch personal trainers and a well-equipped facility, it's no wonder that visitors rate this gym as one of the best in the area. As one user enthusiastically stated, "If I could rate higher than 5 stars, I would!" In conclusion, The Shed Personal Training stands out not only for its excellent facilities and accessibility but also for its friendly and knowledgeable staff. Make sure to check it out on your next visit to Hollidaysburg, Pennsylvania!

### **Our location is in**

189 Glimcher Dr, 16648 Hollidaysburg, Pennsylvania - United States (US)

**We look forward to seeing you at:**

Day Hours  
Monday  
*Open 24 hours*  
Tuesday  
*Open 24 hours*  
Wednesday  
*Open 24 hours*  
Thursday  
*Open 24 hours*  
Friday  
*Open 24 hours*  
Saturday  
*Open 24 hours*  
Sunday  
*Open 24 hours*

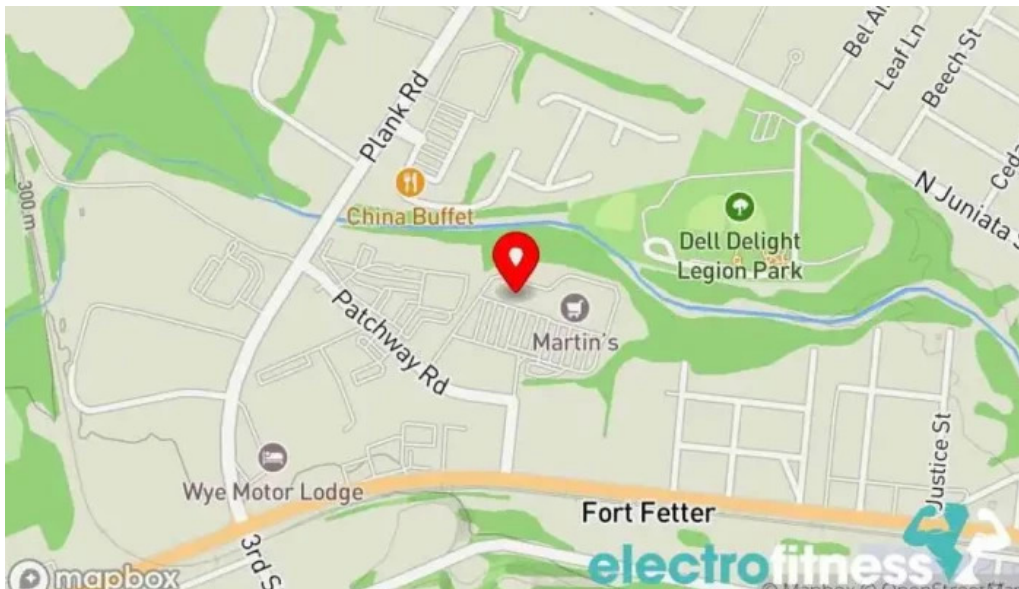
The website is [The Shed Personal Training](#)

If you require to adjust any detail that you feel is not correct concerning this portal, we urge you to send a message and we will adjust it at the earliest convenience. In advance thanks.

## Images



*The shed personal training street view 360deg*



*The shed personal training map*



*The shed personal training hollidaysburg*





*The shed personal training all*

## Tags

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

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basketball club
basketball court
batting cage center
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
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
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discount store
dive shop
dollar store
educational institution
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exercise equipment store
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fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
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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
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public library
public swimming pool
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
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sports complex
sports massage therapist
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wellness program
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women's personal trainer
wrestling school
yoga instructor

yoga studio
youth center
youth organization