

Missy's Body Garage - Homewood

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Missy's Body Garage - Homewood

Discover Missy's Body Garage: Your Go-To Personal Trainer in Homewood, California

Missy's Body Garage is not just another gym; it's a community-oriented fitness hub located in scenic Homewood, California. With a passion for helping individuals achieve their health goals, Missy and her team prioritize ****planning**** personalized workout regimes that cater to various fitness levels.

Accessibility for Everyone

One of the standout features of Missy's Body Garage is its commitment to **accessibility**. The facility boasts a **wheelchair-accessible car park**, ensuring that every client feels welcome and can enjoy their workout without barriers. This thoughtful consideration extends beyond parking, making fitness inclusive for all.

Amenities That Enhance Your Experience

The gym offers a range of **amenities** designed to make your visits enjoyable and effective. Essential facilities, including a clean **toilet**, ensure that you are comfortable during your session. Whether you are just starting out or are a seasoned athlete, these amenities contribute to a positive workout environment.

Appointments Recommended for Optimal Results

To provide tailored attention, **appointments are recommended** at Missy's Body Garage. This ensures that personal trainers can dedicate time to plan workouts effectively, which is crucial for maximizing efficiency. Clients have remarked on how it's a "very efficient workout" with a "great gym and fun atmosphere for sucking wind and losing weight."

Real Feedback from Our Community

While many have experienced success and enjoyment at Missy's Body Garage, it's important to acknowledge that feedback varies. Some individuals have expressed dissatisfaction, stating "It totally SUCKS." However, this diversity in opinions reinforces the gym's commitment to growth and improvement, as Missy and her team actively seek to address concerns and enhance the overall experience.

Conclusion

Whether you are looking to shed pounds or simply stay active, Missy's Body Garage in Homewood, California, welcomes you with open arms. With careful **planning** for **accessibility**, excellent **amenities**, and a focus on personalized training, you are bound to find a supportive environment that meets your fitness needs. Don't forget to book your appointment today and take the first step towards a healthier you!

The location of our business is in

5065 W Lake Blvd, 96141 Homewood, California - United States (US)

The contact line of the mentioned **Personal trainer** is +1530-318-1471
And if you want to send a WhatsApp, you can do so at +1530-318-1471

Visit us during the following hours:

Day Hours
Monday

8?AM–6:30?PM

Tuesday

9:30?AM–6:30?PM

Wednesday

8?AM–12?AM

Thursday

12–6:30?AM 8?AM–6:30?PM

Friday

8?AM–6:30?PM

Saturday

Closed

Sunday

Closed

In case you want to alter any information that you feel is incorrect concerning this site, we kindly request send us a message so we can we will correct it at the earliest convenience. Thanks beforehand thanks.

Images



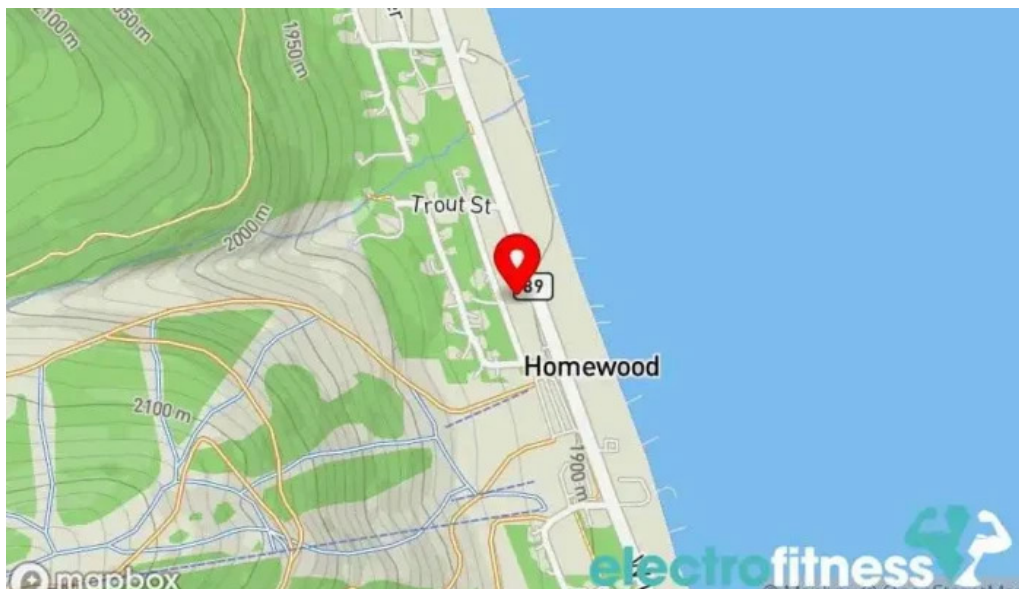
Missys body garage training



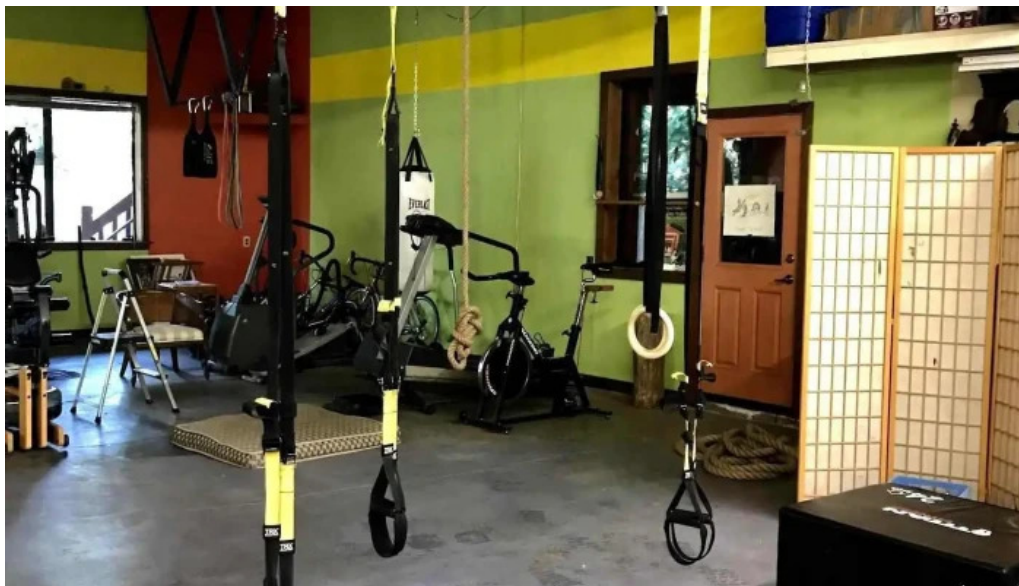
Missys body garage street view 360deg



Missys body garage physical fitness



Missys body garage map



Missys body garage gym



Missys body garage by owner



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Tags

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

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hospital
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outdoor swimming pool
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