

## Life to the Full Fitness - Lancaster

lancaster

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### *Life to the Full Fitness - Lancaster*

#### **Personal Trainer Life to the Full Fitness: Your Local Fitness Destination in Lancaster, Pennsylvania**

In the heart of Lancaster, Pennsylvania, **Life to the Full Fitness** stands out as a premier personal training facility offering a range of services tailored to meet individual needs. Whether you are looking for **online classes** or prefer **on-site services**, this gym aims to help you achieve your fitness goals.

#### **Convenient and Accessible Facilities**

Accessibility is a top priority at Life to the Full Fitness. The facility features a **wheelchair-accessible car park** and a **wheelchair-accessible toilet**, ensuring that all clients can comfortably access the amenities without any barriers. This commitment to inclusion makes it an ideal choice for those with mobility challenges.

## Personalized Training Services

At Life to the Full Fitness, appointments are highly recommended to ensure personalized attention from trainers who are dedicated to understanding your unique fitness journey. Whether you opt for one-on-one training or group sessions, you'll find the **service options** designed to cater to various fitness levels and preferences.

## Planning Your Fitness Journey

Effective **planning** is key to achieving fitness goals. Trainers at Life to the Full Fitness work closely with clients to create tailored workout plans that include a mix of strength, flexibility, and endurance training. They also provide nutritional guidance to complement your fitness regimen.

## Toilet and Amenities

Life to the Full Fitness is equipped with essential **amenities** to enhance your experience. The clean and well-maintained **toilet** facilities ensure comfort during your visit. The gym reflects a commitment to maintaining a welcoming environment for all members.

## Conclusion

If you're looking for a supportive and accessible environment to kickstart or continue your fitness journey, look no further than Life to the Full Fitness in Lancaster, Pennsylvania. With a focus on **accessibility**, expert guidance, and an array of available services, this personal training facility promises an inclusive and motivating experience.

## You can reach us at

1560 Lititz Pike, 17601 Lancaster, Pennsylvania - United States (US)

The phone of the mentioned **Personal trainer** is +1717-690-2957  
And if you want to send a WhatsApp, you can do so at +1717-690-2957

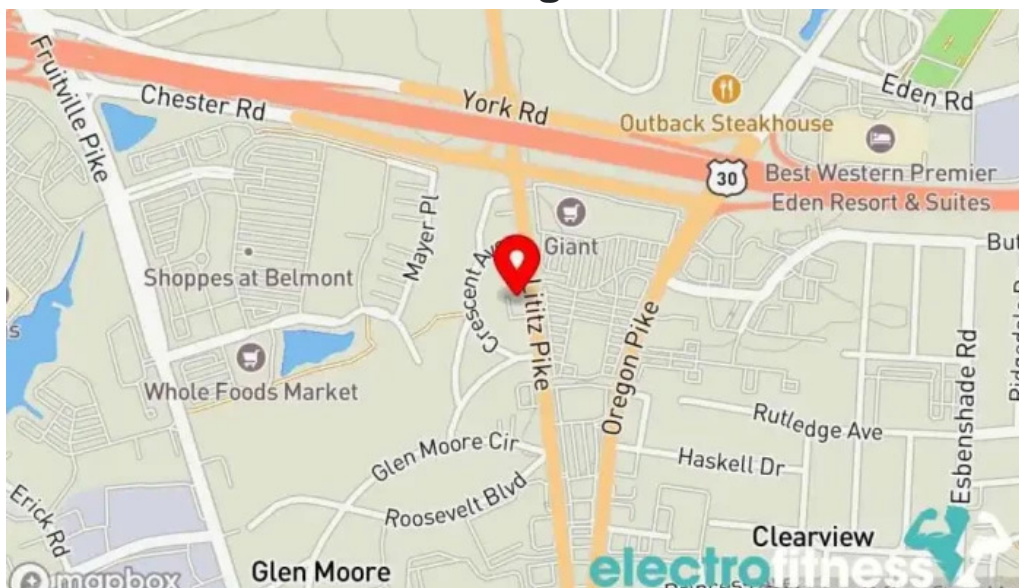
## We open at the following schedule:

Day	Hours
Monday	8:30?AM–2:30?PM
Tuesday	8:30?AM–2:30?PM
Wednesday	8:30?AM–2:30?PM
Thursday	8:30?AM–2:30?PM
Friday	8:30?AM–2:30?PM
Saturday	Closed
Sunday	Closed

The website is [Life to the Full Fitness](#)

In case you want to update any element that you think is not precise regarding this portal, we kindly request deliver a message so that we will handle it quickly. With anticipation thanks for your cooperation.

## Images



*Life to the full fitness map*



*Life to the full fitness lancaster*



*Life to the full fitness all*

## Tags

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

## Related content

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**4.6 \*** *Ladies First Fitness & Spa - Lancaster*

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**4.5 \*** *Full Spectrum Fitness - Crown Point*

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**5.0 \*** *Sweat Life Fitness - Jonesville*

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**3.7 \*** *Life Time - Framingham*

<b>5.0 *</b>	<i>Life in Balance Yoga - Hanover</i>
<b>4.2 *</b>	<i>Life Time - Tempe</i>
<b>3.9 *</b>	<i>Life Time - Westminster</i>
<b>4.0 *</b>	<i>Life Time - Broomfield</i>
<b>3.9 *</b>	<i>Life Time - Gaithersburg</i>
<b>3.8 *</b>	<i>Life Time - Dallas</i>

## 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