

Unbreakable Health and Fitness - Lisbon

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Unbreakable Health and Fitness: Your Go-To Personal Trainer in Lisbon, Maine

Unbreakable Health and Fitness is not just another gym; it's a community-focused fitness center dedicated to empowering individuals on their health journeys. Located in the heart of Lisbon, Maine, this facility offers a range of on-site services designed to cater to all fitness levels, ensuring everyone feels at home while working towards their goals.

Accessibility and Amenities

At Unbreakable Health and Fitness, accessibility is a top priority. The facility features a ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****, ensuring that everyone can access the gym without barriers. Furthermore, the inclusion of a ****wheelchair-accessible toilet**** provides added comfort for those with mobility challenges. The gym's layout and amenities are designed to create a welcoming atmosphere. With clean equipment and a bright, cheerful environment, members feel motivated to push their limits.

Personalized Training Plans

One of the standout features of Unbreakable Health and Fitness is its personalized approach to training. Clients are encouraged to schedule their ****appointments**** in advance, allowing trainers to create tailored programs that suit individual needs. Whether you are looking to improve your nutrition, build strength, or rehabilitate from an injury, Aaron Gould, the head trainer, is known for his ability to design effective strategies based on each member's unique journey.

Online Classes and Community Support

In addition to traditional training sessions, Unbreakable Health and Fitness offers online classes, making fitness accessible to everyone, regardless of their schedule. The supportive community fosters a sense of belonging, where members encourage one another along their paths to health. As one satisfied member noted, "Aaron has something really special and unique going on." His approach not only focuses on physical fitness but also on building mental resilience and confidence.

Transformative Experiences

Members of Unbreakable Health and Fitness have shared inspiring stories about their transformations. From completing their first marathon to overcoming personal health challenges, the testimonials highlight the impactful role that Aaron and his team play in their fitness journeys. "I am now 4.5 months into my fitness journey, and I am amazed at the strength and abilities I never knew I had," shares another member. Such experiences illustrate the effectiveness of the personalized training plans and the robust support system within the gym.

Conclusion

Unbreakable Health and Fitness stands out as a beacon of hope and transformation for many in Lisbon, Maine. With a commitment to accessibility, personalized training options, and a vibrant community, it's no wonder that members describe it as the best thing they have ever done for themselves. If you're looking to prioritize your health and wellness, consider joining Unbreakable Health and Fitness—where every journey is celebrated, and every

individual is supported.

Our business is found at

501 Lisbon St, 04252 Lisbon, Maine - United States (US)

The contact line of this **Personal trainer** is +1207-407-4434

And if you want to send a WhatsApp, you can do so at +1207-407-4434

Our public attention hours are:

Day Hours
Monday

6?AM–7?PM

Tuesday

6?AM–7?PM

Wednesday

9:30–10?AM

Thursday

Closed

Friday

6?AM–7?PM

Saturday

6?AM–7?PM

Sunday

6?AM–7?PM

The website is Unbreakable Health and Fitness

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Images



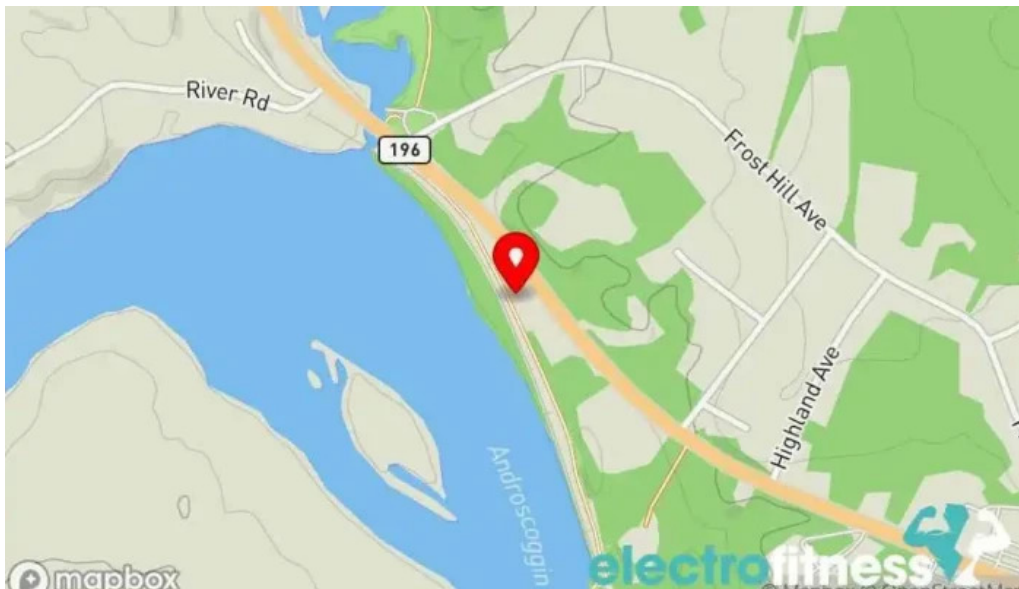
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Unbreakable health and fitness gym



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health consultant
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tanning salon
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water park
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weightlifting area
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