

Fit Theory- Personal Training Studio - Mountain View

mountain view

☐ I'm not a robot
 

Published on: 24/05/25	Hits: 260
Comments: 0	See comments
Votes: 26	Score: 4.8

https://www.electrofitness.com/personal-trainer/mountain-view/fit-theory-personal-training-studio-mountain-view_329991.php



mountain view

Fit Theory- Personal Training Studio - Mountain View

Discover Fit Theory: Your Personal Training Studio in Mountain View, California

Fit Theory is not just a personal training studio; it's a community where health, fitness, and support come together. Located in the heart of Mountain View, California, this studio has become a cornerstone for individuals seeking personalized training and an inclusive environment.

Amenities That Enhance Your Experience

At Fit Theory, members can enjoy a variety of **amenities** designed to make their workout experience enjoyable and effective. The studio is well-stocked with modern equipment, ensuring that all fitness levels can engage in diverse workouts. Whether you're looking to build strength, improve flexibility, or boost your stamina, Fit Theory provides everything you need.

Flexible Service Options and Online Classes

Understanding the busy lifestyles of its clients, Fit Theory offers **appointment-required services** with flexible scheduling. This allows clients to plan their workouts around their hectic lives without sacrificing quality. In addition to in-person sessions, Fit Theory also provides **online classes**, making it accessible to everyone.

Outdoor Services and Inclusivity

In keeping with current trends, Fit Theory recognizes the importance of outdoor activities for overall well-being. They offer **outdoor services**, allowing clients to experience a change of scenery while staying active. Moreover, the studio prides itself on being **LGBTQ+ friendly**, ensuring a welcoming space for everyone.

Accessibility and Comfort

Fit Theory takes pride in its commitment to **accessibility**. The studio features **wheelchair-accessible entrances**, restrooms, and parking facilities, ensuring that everyone can comfortably access the space. With **gender-neutral toilets**, they create an inclusive atmosphere for all clients.

From the Business: A Women-Owned Empowerment Space

As a **women-owned** business, Fit Theory emphasizes a supportive environment. Candy, the head trainer, is known for her personable approach, attentiveness, and skill in crafting workouts tailored to each individual's needs. Many clients have highlighted how she accommodates personal injuries and goals, creating a bespoke fitness journey.

Community and Camaraderie

One of the standout features of Fit Theory is its sense of community. Members often note the camaraderie fostered during workouts, particularly during special events and challenges held several times a year. Clients appreciate the friendly atmosphere, making exercise enjoyable rather than daunting.

Customer Experiences: What People Are Saying

Feedback from clients speaks volumes about their positive experiences at Fit Theory. Many commend the studio's cleanliness, spaciousness, and attention to detail. They feel that the personalized approach helps them achieve significant results while also maintaining a fun and fresh dynamic in their workouts.

Confidence and Results

Clients have shared transformative experiences, noting improved confidence, strength, and overall well-being since joining Fit Theory. The structured yet adaptable program design allows for effective progress tracking, keeping members motivated and engaged.

Conclusion: Why Choose Fit Theory?

For anyone in the Mountain View area looking to build a fitness-based lifestyle, Fit Theory stands out as a top choice. With its variety of ****service options****, emphasis on ****accessibility****, and a warm, inviting community led by a knowledgeable trainer, it's an ideal environment for all fitness enthusiasts. Whether you are a beginner or looking to elevate your training, Fit Theory has something to offer everyone. Make an appointment today and take the first step towards achieving your fitness goals!

We are situated in

2482 W El Camino Real, 94040 Mountain View, California - United States (US)

The phone of said **Personal trainer** is +1650-479-6286

And if you want to send a WhatsApp, you can do so at +1650-479-6286

We look forward to seeing you at:

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–7?PM
Wednesday	10–11?AM
Thursday	Closed
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is Fit Theory- Personal Training Studio

If you require to change any information that you consider is incorrect

concerning this page, we kindly request send us a message so that we will adjust it at the earliest convenience. Thank you in advance thanks for your cooperation.

Images



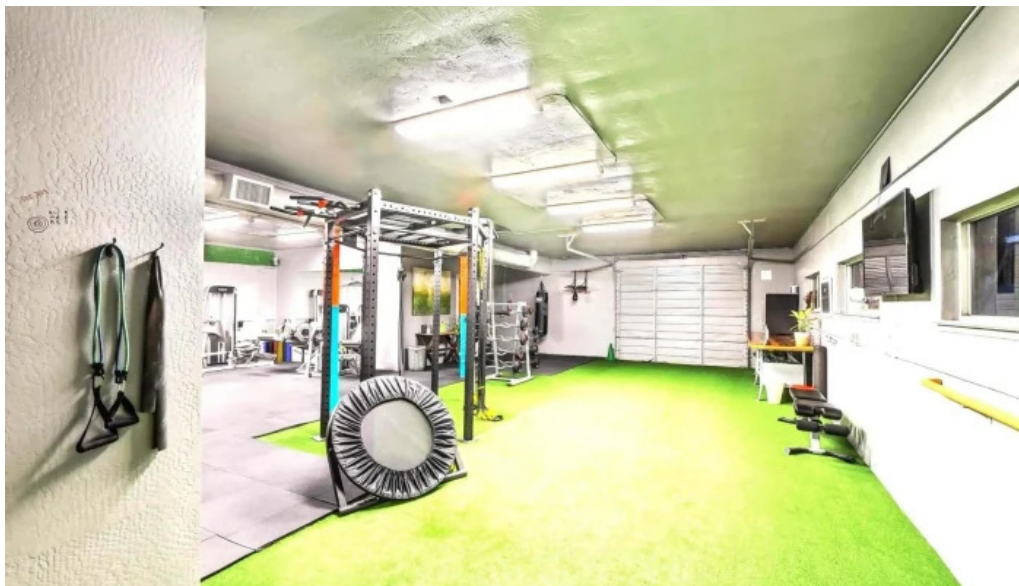
Fit theory personal training studio mountain view



Fit theory personal training studio videos



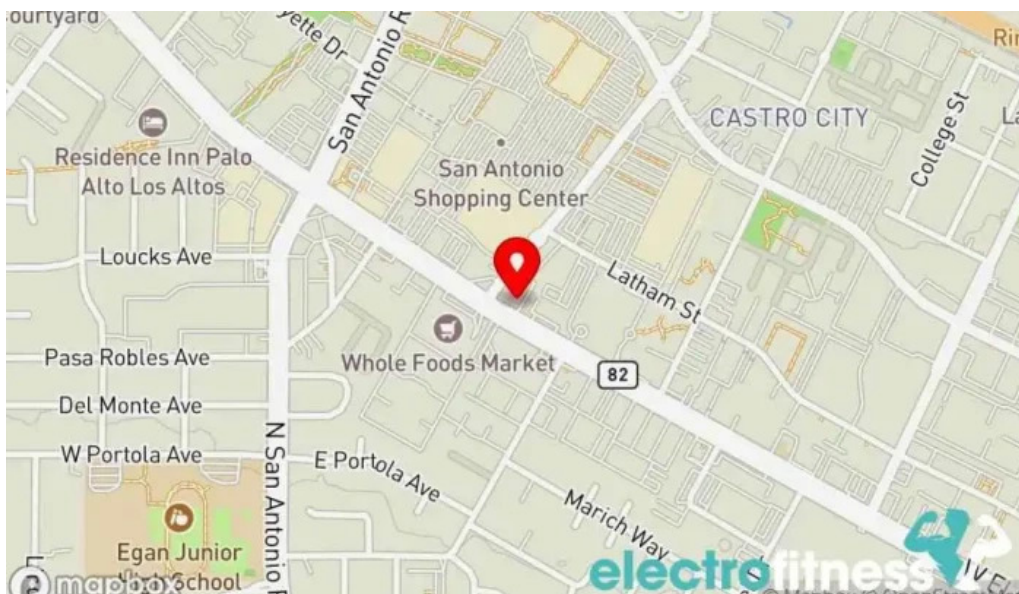
Fit theory personal training studio training



Fit theory personal training studio street view 360deg



Fit theory personal training studio physical fitness



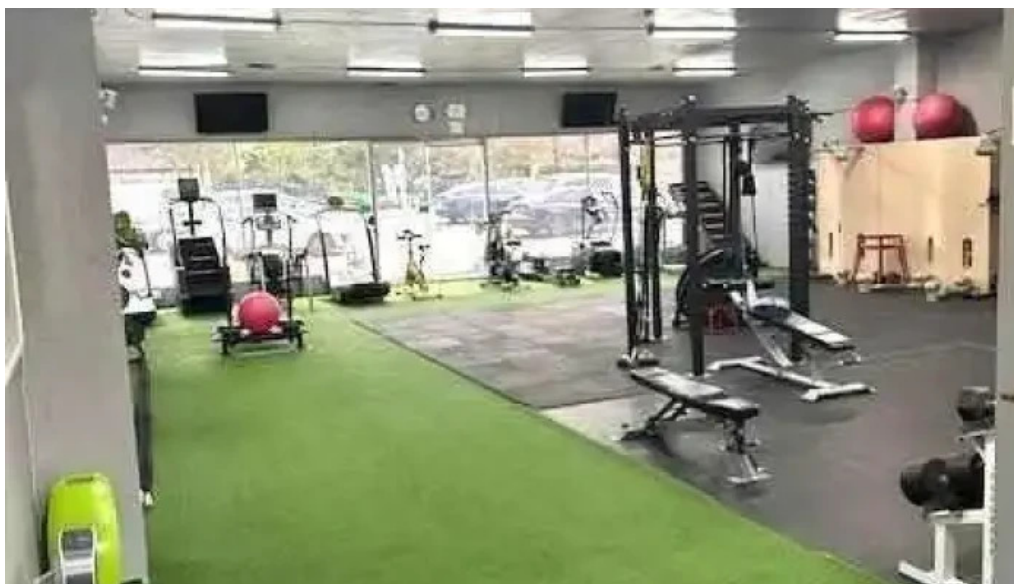
Fit theory personal training studio map



Fit theory personal training studio latest



Fit theory personal training studio by owner



Fit theory personal training studio all

Tags

Planning, Appointments recommended, Online classes, Toilet, Outdoor services, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Crowd, Accessibility, On-site services, Wheelchair-accessible car park, Amenities, Appointment required, LGBTQ+ friendly, From the business, Gender-neutral toilets, Identifies as women-owned, Service options

Related content

4.8 *	<i>Vertical View Climbing Gym - Meridian</i>
5.0 *	<i>Koda CrossFit Iron View - Louisville</i>
4.2 *	<i>Workout Anytime West View - Pittsburgh</i>
4.4 *	<i>West View Recreation Center - Broomfield</i>
4.9 *	<i>Mountain Strong Thornton Gym - Thornton</i>
4.9 *	<i>Sweat Dc - Park View - Washington</i>
5.0 *	<i>Rocky Mountain Strength - Centennial</i>
5.0 *	<i>Sun Mountain Yoga - Carson City</i>
4.6 *	<i>Mountain Massage Wellness Spa - Cumberland</i>
5.0 *	<i>Mountain Rose Integrated Wellness Center - Waitsfield</i>

Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
barber shop
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
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
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
soccer club
social 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
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer

wrestling school
yoga instructor
yoga studio
youth center
youth organization