

## Grit Training - North Yarmouth

north yarmouth

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## *Grit Training - North Yarmouth*

### **Welcome to Grit Training in North Yarmouth, Maine**

Grit Training is a premier personal training facility located in North Yarmouth, Maine, known for its commitment to excellence and accessibility. Whether you are a seasoned athlete or just starting your fitness journey, Grit offers a range of services tailored to meet your individual needs.

### **Accessibility for Everyone**

One of the standout features of Grit Training is its focus on **\*\*accessibility\*\***.

The facility is equipped with a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can access the gym without any hassle. Furthermore, Grit also boasts a **\*\*wheelchair-accessible toilet\*\*** and **\*\*wheelchair-accessible seating\*\***, making it easier for individuals with mobility challenges to enjoy their workout experience.

## **Planning Your Workouts**

Planning is essential for achieving your fitness goals, and at Grit Training, appointments are recommended to maximize your results. Whether you're interested in one-on-one sessions or group classes, it's best to book your time in advance, as an **\*\*appointment is required\*\*** for personal training. This personalized approach allows you to benefit from tailored workouts that reflect your unique goals and preferences.

## **Amenities That Stand Out**

Grit Training prides itself on its excellent amenities. The facility is designed to create a motivating and energizing environment, where clients can thrive. Among the offerings, you'll find a variety of classes led by experienced trainers like Beau Burgau, who customize workouts based on individual needs. His clients rave about his **\*\*creative workouts\*\*** that ensure everyone stays engaged and challenged.

## **Why Choose Grit Training?**

The testimonials from happy clients emphasize Beau's expertise. Many have expressed that he is "tough enough that you actually see results" while being "knowledgeable enough to prevent (or improve existing) injury." Additionally, the camaraderie fostered during group classes creates a supportive community that encourages accountability and motivation among members. For those who may need extra motivation, clients humorously note they sometimes require "bribery" in the form of delicious smoothie recipes after intense workouts. This combination of hard work and rewarding treats makes every session enjoyable.

## **Join the Grit Training Community!**

If you're in the Maine area, don't miss out on the chance to enhance your fitness journey at Grit Training. With a strong focus on accountability, creativity, and personalization, it's a top choice for anyone looking to transform their health and wellness. And for those not in the area, follow [@grittrainingmaine](#) on social media for daily workout inspiration and nutrition tips. What are you waiting for? Take the first step towards a healthier you at Grit Training!

## **Our address is**

*585 Walnut Hill Rd B, 04097 North Yarmouth, Maine - United States (US)*

The contact phone of this **Personal trainer** is +1507-766-0546  
And if you want to send a WhatsApp, you can do so at +1507-766-0546

**We are open during the following hours:**

Day Hours  
Monday  
*6?AM–4?PM*  
Tuesday  
*6?AM–4?PM*  
Wednesday  
*8?AM–12?PM*  
Thursday  
*Closed*  
Friday  
*6?AM–4?PM*  
Saturday  
*6?AM–4?PM*  
Sunday  
*6?AM–4?PM*

The website is Grit Training

If you need to modify any detail that you believe is not accurate related to this web, we kindly request forward a message so we can we will correct it quickly. With anticipation thanks for your cooperation.

**Images**



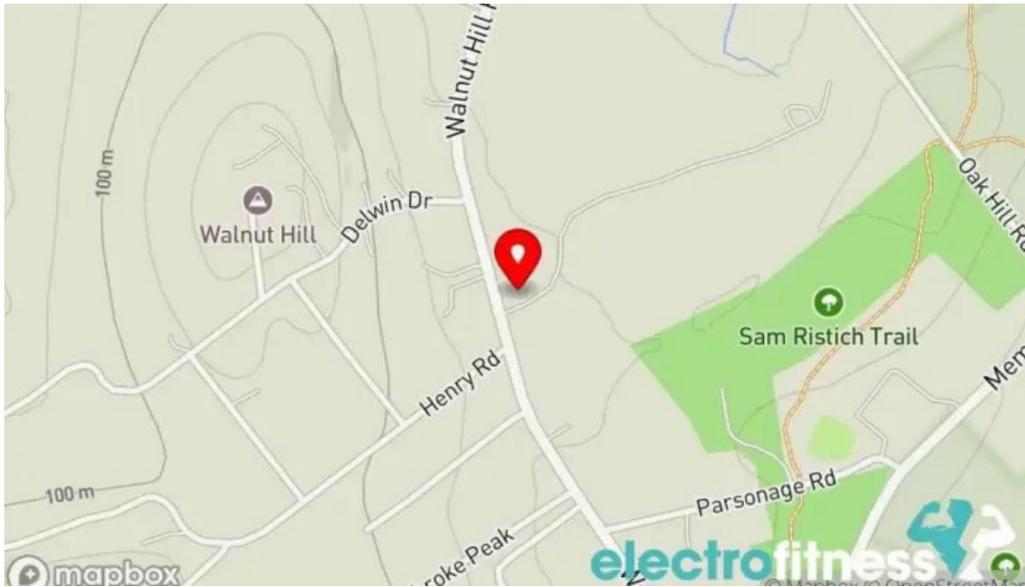
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*Grit training map*



*Grit training by owner*



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## Tags

*Toilet, Appointment required, Planning, Wheelchair-accessible car park, Wheelchair-accessible seating, Accessibility, Appointments recommended, Wheelchair-accessible toilet, Amenities*

## Related content

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**5.0 \*** *Grit & Grace CrossFit - Alvin*

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**5.0 \*** *Grit x Grind CrossFit - Waldorf*

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**4.0 \*** *Grit Fitness - Schererville - Schererville*

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**4.7 \*** *Island Grit Crossfit - Alameda*

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**5.0 \*** *CrossFit Bass River - South Yarmouth*

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**4.5 \*** *North Adams Armory - North Adams*

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**4.9 \*** *North End Fitness & Training - New Rochelle*

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**4.9 \*** *Point North Physical Therapy - Anchorage*

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**5.0 \*** *F45 Training North Mission Viejo - Mission Viejo*

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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
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
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
community health centre
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
doctor
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
general hospital
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
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center

private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
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
specialized clinic
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
trade school
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