

Body Firm Fitness - Phoenix

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Body Firm Fitness - Phoenix

Welcome to Body Firm Fitness in Phoenix, Arizona

Located in the vibrant city of **Phoenix, Arizona**, Body Firm Fitness stands out as a premier destination for personalized training. This facility prioritizes not only fitness goals but also accessibility, ensuring everyone can embark on their health journey.

Accessibility Features

Body Firm Fitness takes pride in its **wheelchair-accessible entrance** and ample **wheelchair-accessible car park**, making it easy for everyone to access their services. Clients will find a **wheelchair-accessible toilet** within the gym, reinforcing the commitment to inclusivity.

Why Choose Body Firm Fitness?

Client experiences highlight the expertise of trainers like Doug and Tori Thompson, whose personalized approach helps members achieve their fitness objectives while minimizing the risk of injury. One member noted significant health improvements since joining, stating, "Doug has a lot of knowledge about fitness and structures the workouts to not only get stronger and healthier but also to avoid injury."

Personalized Training Sessions

The gym offers **semi-private sessions** tailored to individual abilities and goals. Members appreciate that workouts are invigorating yet challenging, ensuring progress without feeling overwhelmed. As one satisfied client put it, "I've been training off and on at the Body Firm for the last 11 years and can't say enough great things about the trainers."

The Right Amenities

Body Firm Fitness is equipped with state-of-the-art equipment and amenities that cater to all ages and fitness levels. Clients are greeted by friendly staff who foster a positive and supportive environment. One member expressed, "You're more than just a client; you are an athlete and a friend."

Planning Your Journey

Appointments are recommended to ensure each session meets individual needs. Doug and Tori are known for keeping detailed files on clients' fitness plans, allowing for adjustments based on progress and challenges. A long-time client remarked, "These individualized fitness plans have helped me recover from injury and get strong so I can do the physical things I love doing."

Your Health is Our Priority

At Body Firm Fitness, achieving your fitness goals is a collaborative effort. With knowledgeable trainers who consistently provide feedback and support, clients are encouraged to push their limits. As one enthusiastic member said, "Do yourself a good health favor and go see Doug, Tori and their team!"

Join the Body Firm Fitness Community

If you're ready to start your fitness journey or enhance your current routine, Body Firm Fitness is here to guide you. The welcoming atmosphere, combined with specialized training and comprehensive planning, makes it the ideal place for anyone looking to improve their health and wellness.

Don't wait any longer—take the first step towards a healthier lifestyle today at Body Firm Fitness!

Our establishment is located at

3636 E Ray Rd # 2, 85044 Phoenix, Arizona - United States (US)

The phone of the respective **Personal trainer** is +1480-705-9801

And if you want to send a WhatsApp, you can do so at +1480-705-9801

Visit us during the following hours:

Day Hours
Monday
5:30?AM–8?PM
Tuesday
5:30?AM–8?PM
Wednesday
5:30?AM–4:30?PM
Thursday
6:30?AM–1?PM
Friday
Closed
Saturday
5:30?AM–8?PM
Sunday
5:30?AM–8?PM

The website is Body Firm Fitness

If you require to alter any data that you think is not precise about this site, we urge you to send a message so that we will adjust it at the earliest convenience. Thanks beforehand thank you very much.

Images



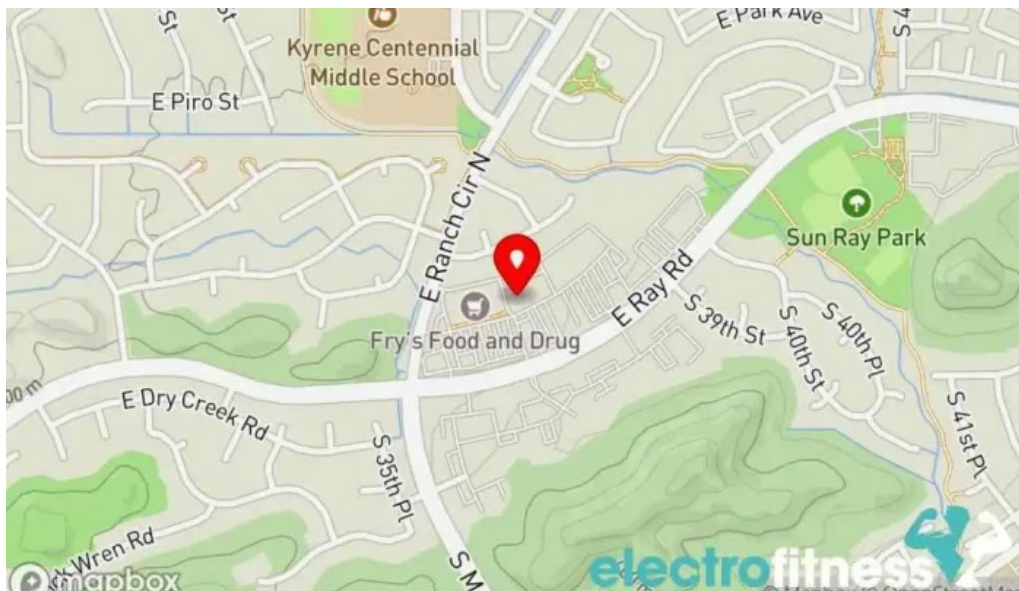
Body firm fitness street view 360deg



Body firm fitness physical fitness



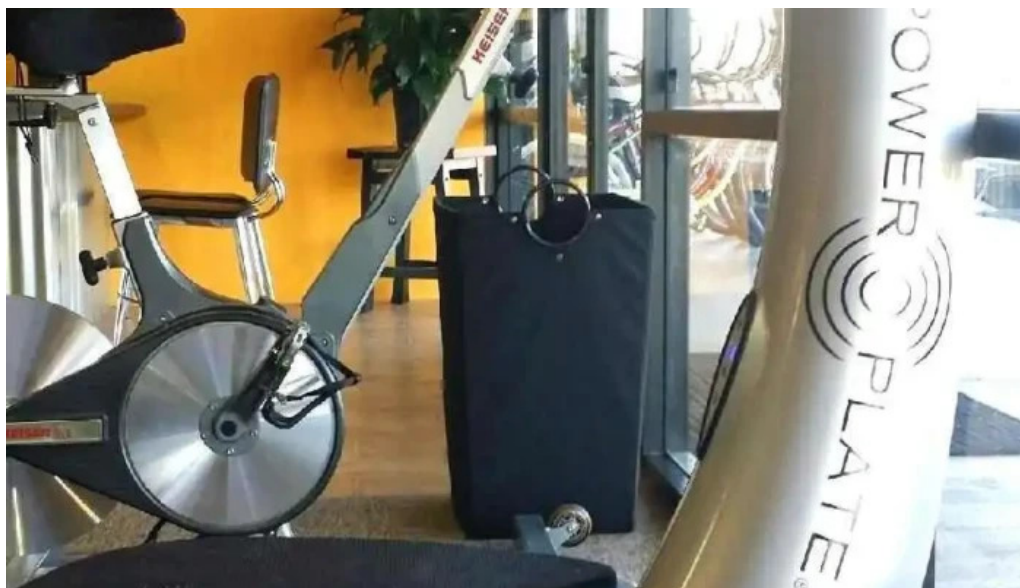
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Tags

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

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