

Operation Functional Fitness - San Antonio

san antonio



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san antonio

Operation Functional Fitness - San Antonio

Discover Operation Functional Fitness in San Antonio, Texas

If you're searching for a personal trainer who is dedicated to helping you achieve your fitness goals, look no further than **Operation Functional Fitness** in San Antonio. Located within the welcoming environment of One Plus Fitness, this facility is designed with inclusivity and accessibility in mind.

Accessibility Features

Operation Functional Fitness takes pride in being an accessible space for everyone. The gym features:

Wheelchair-accessible entrance Wheelchair-accessible toilet

Wheelchair-accessible car park

This commitment to **accessibility** ensures that everyone, regardless of their mobility needs, can enjoy a comfortable workout experience.

Meet Grant: Your Personal Trainer

At the heart of Operation Functional Fitness is Coach Grant, whose expertise spans CrossFit, Olympic weightlifting, gymnastics, and running. His clients rave about his approach:

"Grant is an overall great functional fitness coach - he has helped me get stronger, faster, and run my first half marathon."

His personalized training sessions are tailored to meet each individual's fitness levels, ensuring everyone from beginners to seasoned athletes can find success.

Personalized Training Approach

Grant's dedication extends beyond just physical training. He takes time to understand each client's needs, making adjustments as necessary:

"He always made sure that I am holding an appropriate and safe posture for the workout I am doing."

This level of attentiveness has led many clients to prefer one-on-one sessions, benefiting from Grant's highly personalized coaching style.

A Fun and Engaging Environment

Operation Functional Fitness isn't just about hard work; it emphasizes having fun while achieving your fitness goals. As one client noted:

"Grant is knowledgeable and fun trainer. Always on the best day of his life, keeps things fun and fresh."

This positive atmosphere encourages members to push their limits while enjoying every moment of their journey.

Join Operation Functional Fitness Today!

Whether your goal is weight loss, sports-specific training, or preparing for the Army Combat Fitness Test, **Operation Functional Fitness** is the place to be. With its comprehensive amenities and a focus on individual growth, you'll find yourself motivated like never before. Don't hesitate—discover how fun fitness can be with Grant and his team!

Our business is at

1035 Austin Hwy, 78209 San Antonio, Texas - United States (US)

The phone of the respective **Personal trainer** is +1210-371-8009

And if you want to send a WhatsApp, you can do so at +1210-371-8009

We look forward to seeing you at:

Day	Hours
Monday	5?AM–7?PM
Tuesday	5?AM–7?PM
Wednesday	5?AM–7:30?PM
Thursday	5?AM–7?PM
Friday	5?AM–7?PM
Saturday	5?AM–7?PM
Sunday	5?AM–7?PM

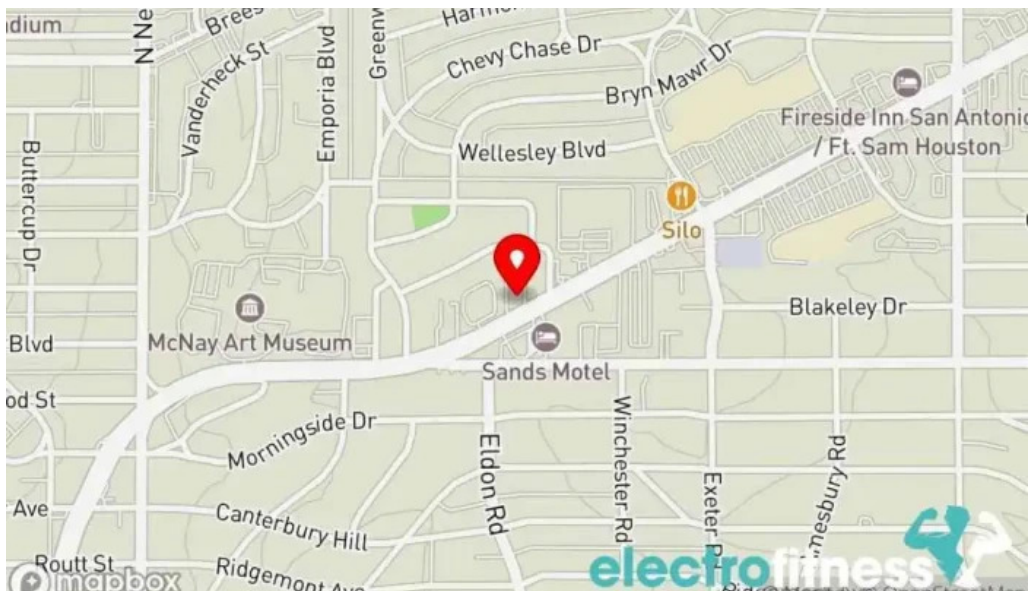
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Images



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Operation functional fitness map



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Tags

Accessibility, Wheelchair-accessible toilet, Toilet, Wheelchair-accessible entrance, Amenities, Wheelchair-accessible car park

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