

## The Perfect Workout - San Jose

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## *The Perfect Workout - San Jose*

### **The Perfect Workout: Your Personal Trainer Destination in San Jose, California**

When it comes to personal training, **The Perfect Workout** in San Jose, California, stands out as a premier facility offering tailored fitness plans to individuals of all ages and backgrounds. With a focus on effective weight training, this gym has transformed the fitness journeys of many clients, making it a popular choice for those seeking results.

## Why Choose The Perfect Workout?

Several factors make **The Perfect Workout** an outstanding choice for personal training:

**Appointments Recommended:** To ensure personalized attention, appointments are highly recommended. This allows trainers to dedicate their time effectively to each client. **Accessibility:** The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it an inclusive environment for everyone. **Service Options:** With both in-person training and **online classes**, The Perfect Workout caters to different preferences and needs. **LGBTQ+ Friendly:** The welcoming atmosphere is designed for everyone, ensuring a supportive and friendly environment. **Amenities:** The gym includes essential amenities such as a **wheelchair-accessible toilet** and well-maintained facilities.

### Transformative Training Experience

Clients have shared remarkable stories about their experiences at The Perfect Workout. Many have highlighted the effectiveness of the training methodology: "The Perfect Workout is life-changing," shared one satisfied client. The slow-paced, heavy weights approach targets muscle failure quickly, making workouts efficient and impactful—often in just 20 minutes!

Trainers like Maria and Gary have received praise for their knowledge and ability to motivate clients. "Her attention to detail when it comes to correct form made the difference," one client noted, emphasizing the importance of safety and technique during workouts.

### Community and Support

The community at The Perfect Workout is another significant advantage. Clients consistently mention how trainers listen attentively to their needs and customize routines accordingly. One trainer, Donnie Hoang, was commended for showing great form and providing motivation that made workouts enjoyable and effective. This personalized attention fosters a positive environment where clients feel supported on their journey toward fitness goals. With no waiting for equipment and focused sessions, **The Perfect Workout** cultivates an ideal setting for achieving results.

### Efficient Fitness Planning

For busy professionals like dental hygienists, this approach proves invaluable. With limited time, clients have found that the efficiency of workouts helps them meet their fitness goals without compromising their schedule.

Moreover, the investment in membership may seem costly at first, but many

believe it's worth every penny due to the expertise and guidance provided by the trainers. Additionally, clients can explore using their HSA/FSA accounts to cover costs, with support offered in navigating these options.

## Final Thoughts

If you're in San Jose and looking for an exceptional personal training experience, look no further than **The Perfect Workout**. With its knowledgeable trainers, accessible facilities, and effective training programs, you are sure to find a path to a healthier lifestyle. Book your appointment today and embark on your fitness journey!

## Our business is at

2937 Union Ave #A, 95124 San Jose, California - United States (US)

The contact line of said **Personal trainer** is +1844-403-1120

And if you want to send a WhatsApp, you can do so at +1844-403-1120

## You can visit us at the following hours:

Day	Hours
Monday	7?AM–7?PM
Tuesday	7?AM–7?PM
Wednesday	7?AM–2?PM
Thursday	Closed
Friday	7?AM–7?PM
Saturday	7?AM–7?PM
Sunday	7?AM–7?PM

The website is The Perfect Workout

If you need to alter any detail that you feel is not accurate regarding this site, please forward a message so we can we will fix it at the earliest convenience. With anticipation thank you very much.

## Images



*The perfect workout training*



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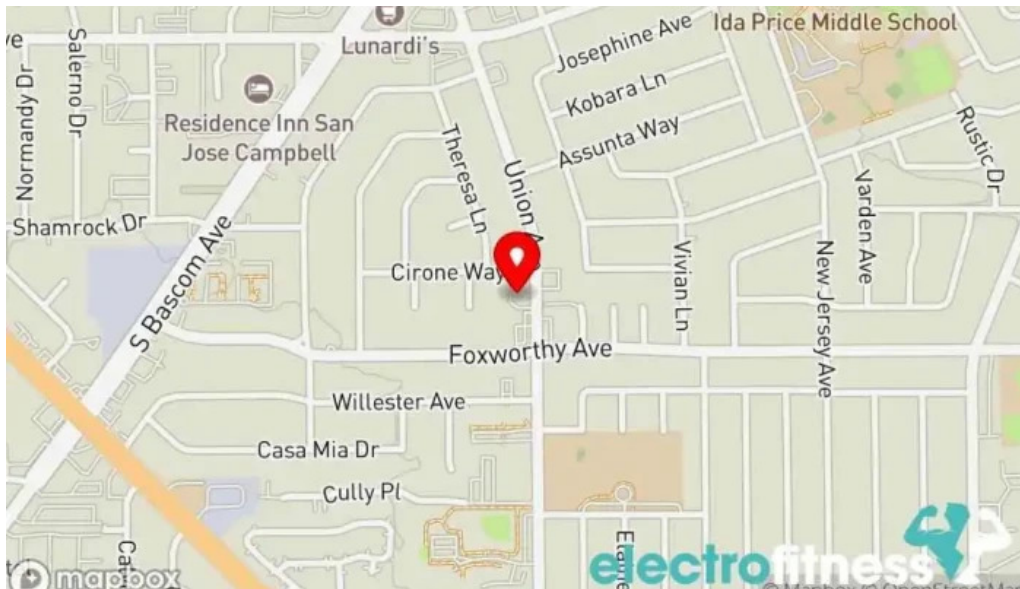


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## Tags

*Appointments recommended, On-site services, LGBTQ+ friendly, Crowd, Service options, Appointment required, Amenities, Toilet, Wheelchair-accessible entrance, Planning, Online classes, Wheelchair-accessible car park, Wheelchair-accessible toilet, Accessibility*

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indoor cycling

indoor golf course
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
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medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
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outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
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parking lot
parkour spot
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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

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rock climbing
rock climbing gym
rv park
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school
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