

Hiit Performance Training - South Burlington

south burlington



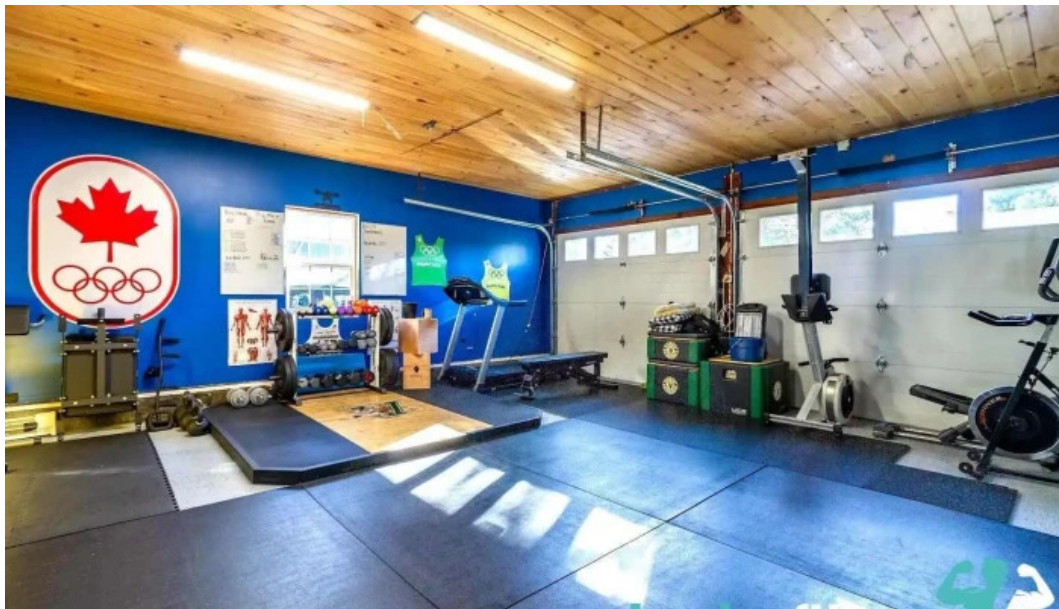
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south burlington

Hiit Performance Training - South Burlington

Discover HIIT Performance Training in South Burlington, Vermont

If you're on the lookout for a personal trainer who truly understands your fitness needs, HIIT Performance Training in South Burlington is the place to be. Led by the incredible MK, this gym offers an inclusive and motivating environment for all fitness levels.

Facilities and Amenities

HIIT Performance Training boasts a range of amenities that cater to everyone,

including: - ****Wheelchair-accessible entrance****: Easy access for all members. - ****Wheelchair-accessible car park****: Convenient parking for those with mobility challenges. - ****Toilet facilities****, including a ****wheelchair-accessible toilet****: Ensuring comfort for all clients. Whether you are looking to push your limits or ease into a new routine, this gym has the accessibility features to welcome everyone.

The Unique Approach of MK

MK is known for her personalized approach to fitness. As one member noted, “MK is incredibly knowledgeable, motivating, and makes sure to give personal attention to each member of the class.” This dedication ensures that every individual feels comfortable while being encouraged to improve. Her classes are well-planned and incorporate a mix of cardio, strength, and flexibility exercises. Participants have shared their appreciation for the modifications she offers, making workouts suitable for all fitness levels.

A Supportive Community Environment

One of the standout features of HIIT Performance Training is its positive and supportive atmosphere. Members describe it as “a mix of folks from many different walks of life,” creating a community that encourages growth and fosters friendship. The environment allows people to work towards their health goals together, which enhances motivation and accountability. As one client put it, “MK cultivates an atmosphere for supportive focus, radical acceptance, and fierce positivity.”

Why Choose HIIT Performance Training?

Choosing HIIT Performance Training is an investment in your health and well-being. The benefits go beyond just physical fitness. Clients have reported profound differences in their strength and well-being, with one stating, “I feel stronger, fitter, and more well-rounded.” Appointments are recommended to ensure that everyone receives the attention they deserve. As several members have expressed, “MK is amazing at meeting you where you’re at,” adapting workouts based on individual needs.

Conclusion

If you're ready for a transformation in your fitness journey while enjoying a welcoming and accessible environment, look no further than HIIT Performance Training in South Burlington, Vermont. With MK at the helm, you can expect exceptional guidance, support, and a workout experience that will keep you coming back for more. Don't hesitate; your fitness journey starts here!

The location of our business is in

Laurel Hill Dr, 05403 South Burlington, Vermont - United States (US)

Our opening hours are:

Day Hours
Monday
Closed
Tuesday
Closed
Wednesday
8?AM–6?PM
Thursday
7?AM–5?PM
Friday
8?AM–6?PM
Saturday
7?AM–5?PM
Sunday
8?AM–3?PM

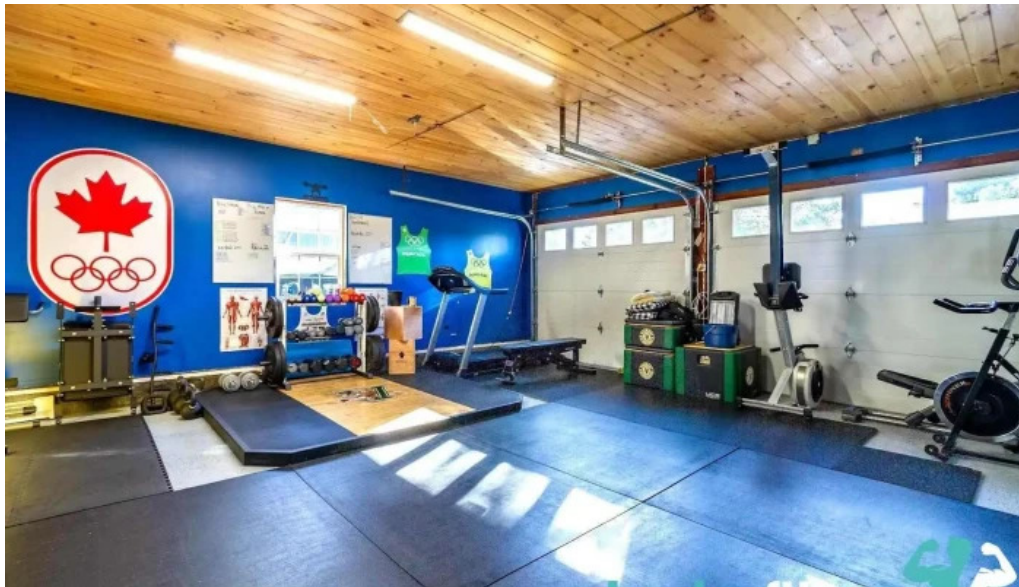
The website is [HIIT Performance Training](#)

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Images



Hiit performance training street view 360deg



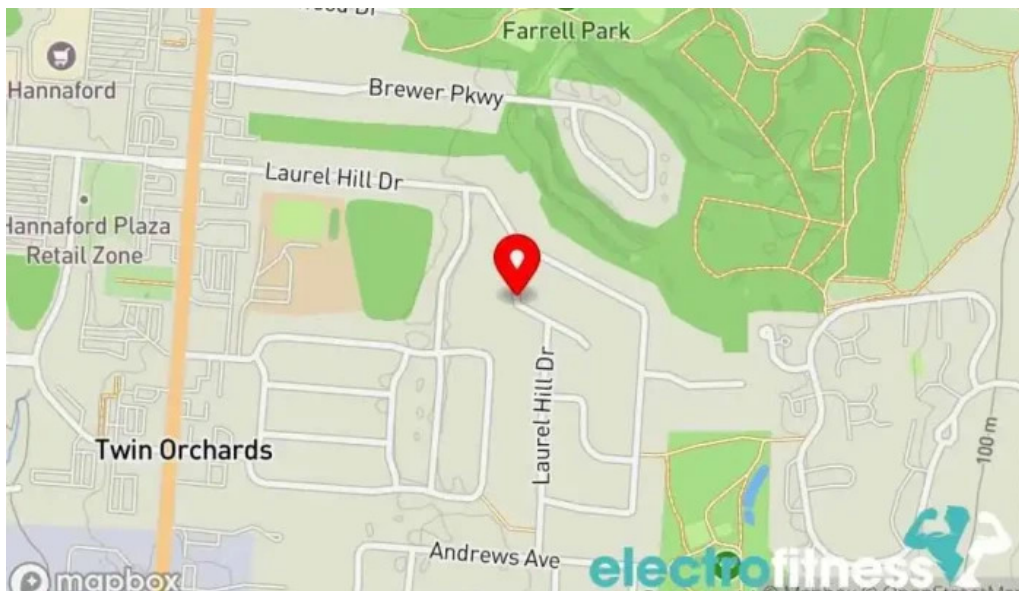
Hiit performance training south burlington



Hiit performance training physical fitness



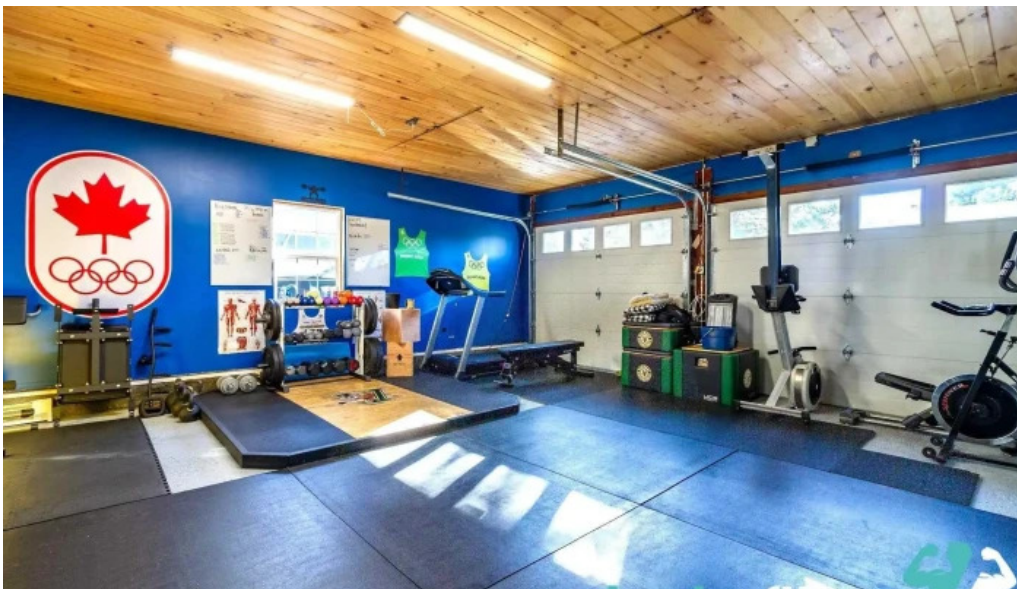
Hiit performance training personal trainer



Hiit performance training map



Hiit performance training by owner



Hiit performance training all

Tags

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

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martial arts club
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physical therapist
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pilates studio
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recreation center
rehabilitation center
rock climbing gym

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self defense school
shooting range
shopping mall
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