

Strength Beyond the Barbell - Tuckahoe

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Strength Beyond the Barbell: Personal Training in Tuckahoe, New York

Strength Beyond the Barbell, located in Tuckahoe, New York, offers a welcoming gym environment that prioritizes ****personal growth**** and well-being. With coaches like Dani and Cali leading the way, clients can enjoy a comprehensive fitness experience that encompasses not just physical training but also nutritional guidance.

Accessibility & Amenities

This fitness center is designed with accessibility in mind. It features **gender-neutral toilets**, a **wheelchair-accessible toilet**, and a **wheelchair-accessible entrance**, making it inclusive for everyone. The facility also includes a **wheelchair-accessible car park** with free parking options available. Paid street parking is also nearby for added convenience.

Service Options

At Strength Beyond the Barbell, clients can expect personalized **on-site services** tailored to their individual needs. The trainers here are dedicated to ensuring that every client receives the attention they deserve, whether through 1:1 sessions or group classes. **Appointments are required**, and it's highly recommended to reach out in advance to secure your slot. Moreover, for those who prefer to train from the comfort of their homes, the gym offers **online classes** that suit a variety of schedules and lifestyles. This flexibility ensures that everyone can find a way to integrate fitness into their daily routines.

Client Experiences

Clients have praised their experiences at Strength Beyond the Barbell, citing the extensive knowledge and support provided by trainers like Dani and Cali. As one satisfied client noted, "Dani has been my trainer for over a year. With her guidance, I have and continue to reach milestones in my fitness journey." Another client mentioned, "Cali's approach is not only effective but motivating - she pushes you to get the most out of each session." This level of care and dedication is echoed throughout many testimonials, underscoring the gym's commitment to client success.

Custom Tailored Programs

One of the standout features of Strength Beyond the Barbell is the personalized attention each client receives. Trainers take the time to understand individual goals and create customized workout plans. "Dani's programming is well-structured and personalized to meet my needs," shares another client. This level of customization is crucial for achieving long-term success in fitness and wellness.

A Community of Support

The atmosphere at Strength Beyond the Barbell is described as warm and professional. "I appreciate Strength Beyond the Barbell and all that they do! Amazing team! Highly recommended!" emphasizes a satisfied patron. It's an environment where clients feel empowered and supported, which is essential for anyone embarking on their fitness journey.

Conclusion

If you're in Tuckahoe, New York, and looking for a personal trainer, look no further than Strength Beyond the Barbell. With its focus on accessibility,

personalized service options, and a strong community vibe, it's the perfect place to start or enhance your fitness journey. Whether through on-site sessions or online classes, your path to strength and wellness begins here.

You can reach us at

104 Yonkers Ave, 10707 Tuckahoe, New York - United States (US)

The phone number of this **Personal trainer** is +1914-447-0770

And if you want to send a WhatsApp, you can do so at +1914-447-0770

Our business hours are:

Day	Hours
Monday	9?AM–3?PM
Tuesday	4:30?AM–9?PM
Wednesday	4:30?AM–9?PM
Thursday	4:30?AM–9?PM
Friday	4:30?AM–9?PM
Saturday	4:30?AM–9?PM
Sunday	6?AM–3?PM

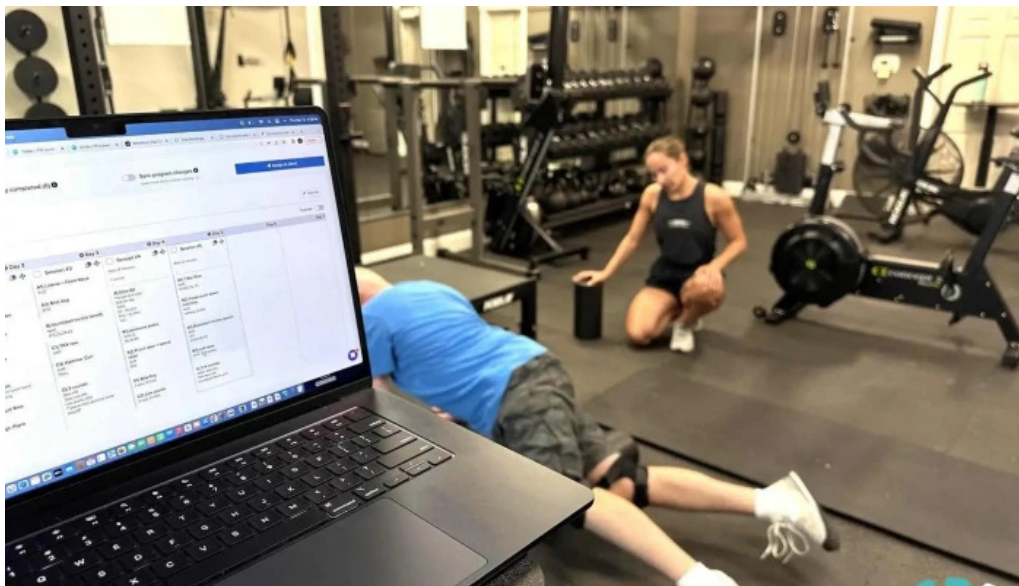
The website is Strength Beyond the Barbell

If necessary to adjust any element that you believe is not precise concerning this web, we kindly request forward a message so that we will adjust it promptly. In advance thanks for your cooperation.

Images



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Strength beyond the barbell training



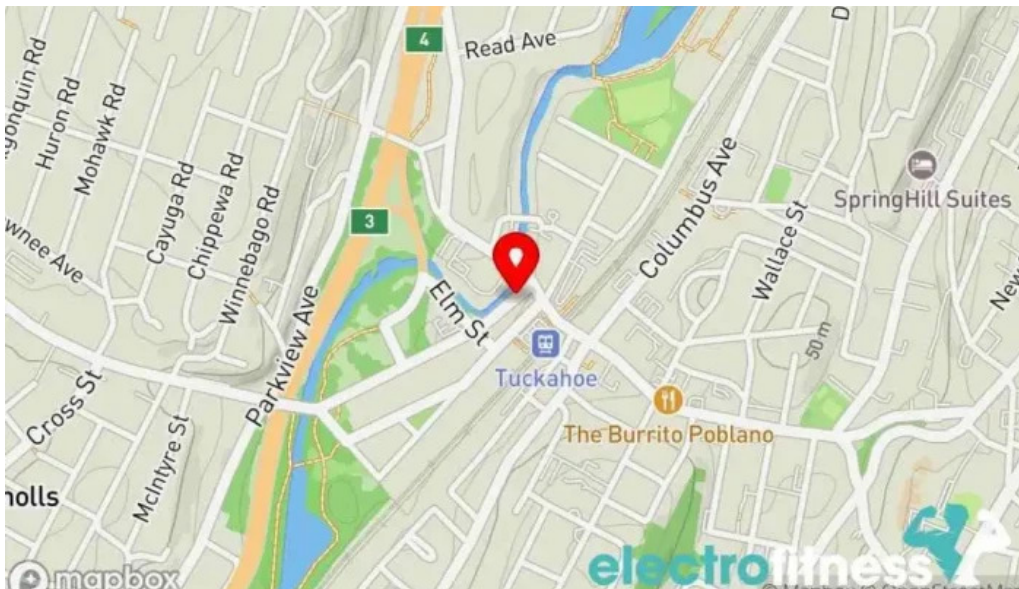
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Strength beyond the barbell gym



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Tags

Wheelchair-accessible entrance, Parking, Wheelchair-accessible toilet, Online classes, Free parking lot, Paid street parking, Toilet, Gender-neutral toilets, Wheelchair-accessible car park, On-site services, Appointments recommended, Amenities, Service options, Accessibility, Planning, Appointment required

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