

Integrated Movement - Valparaiso

valparaiso

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Integrated Movement - Valparaiso

Integrated Movement: Your Premier Personal Trainer in Valparaiso, Indiana

Located in the heart of Valparaiso, Integrated Movement offers a unique approach to fitness with an emphasis on accessibility and inclusivity. This personal training facility ensures that everyone can reach their fitness goals, regardless of their physical challenges.

Accessibility Features

At Integrated Movement, we prioritize **accessibility** for all clients. The facility includes a **wheelchair-accessible entrance**, ensuring easy entry for everyone. Additionally, we provide a **wheelchair-accessible car park**, making your visit as convenient as possible.

Amenities for Everyone

Our gym is equipped with top-notch **amenities**. Clients can enjoy a comfortable **wheelchair-accessible toilet**, which is essential for maintaining dignity and comfort during your visit. We believe that everyone should have access to clean and functional facilities.

Planning Your Fitness Journey

When it comes to achieving your fitness goals, planning is vital. At Integrated Movement, **appointments are recommended** to ensure personalized attention from our expert trainers. Whether you're new to fitness or looking to enhance your routine, our trainers will work with you to develop a tailored plan.

Service Options

Integrated Movement offers a variety of **on-site services** to cater to different needs. From one-on-one training sessions to group classes, we also provide **online classes** for those who prefer the convenience of working out from home. Our range of **service options** ensures that everyone finds a suitable program to fit their lifestyle.

Final Thoughts

In conclusion, Integrated Movement in Valparaiso, Indiana, is committed to making fitness accessible for everyone. With features such as a **wheelchair-accessible toilet**, **wheelchair-accessible entrance**, and a focus on personalized training plans, we invite you to join us on this inclusive fitness journey. Contact us today to schedule your appointment!

Our business is located at

450 Lincolnway #110, 46385 Valparaiso, Indiana - United States (US)

The contact phone of this **Personal trainer** is +1219-465-1800
And if you want to send a WhatsApp, you can do so at +1219-465-1800

We look forward to seeing you at:

Day Hours
Monday
5:30?AM–7?PM
Tuesday
5:30?AM–7?PM
Wednesday
5:30?AM–7?PM
Thursday
5:30?AM–7?PM
Friday
5:30?AM–7?PM
Saturday
7?AM–12?PM
Sunday
Closed

The website is [Integrated Movement](#)

If you wish to alter any information that you feel is not precise regarding this page, we kindly request forward a message so we can we will correct it quickly. With anticipation thanks.

Images



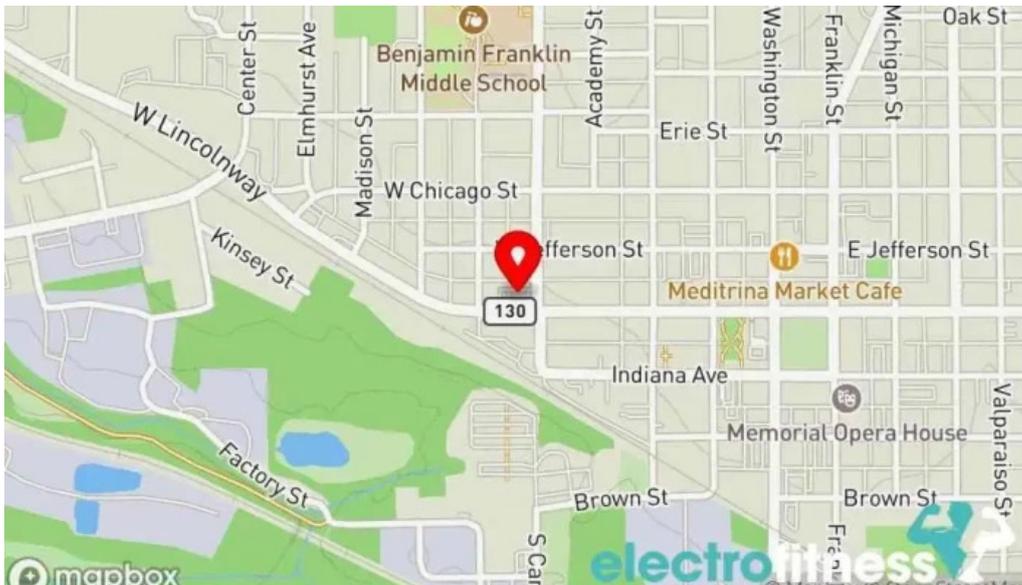
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Integrated movement street view 360



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Tags

Service options, On-site services, Amenities, Online classes, Wheelchair-accessible car park, Toilet, Appointments recommended, Wheelchair-accessible toilet, Accessibility, Wheelchair-accessible entrance, Planning

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