

Raw Training - Allison Park

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Raw Training - Allison Park

RAW Training: A Unique Physical Fitness Program in Allison Park, Pennsylvania

Located in the heart of Allison Park, Pennsylvania, **RAW Training** offers an inclusive and diverse physical fitness program that caters to individuals of all ages and abilities. From exclusive classes to a welcoming atmosphere, RAW is more than just a gym; it's a thriving community dedicated to wellness and personal growth.

Accessibility for All

RAW Training prioritizes inclusivity with its **wheelchair-accessible car park** and **wheelchair-accessible entrance**. These features ensure that everyone, regardless of their mobility challenges, can experience the benefits of physical fitness. The space is designed to accommodate all members, making it an ideal location for those seeking a supportive environment.

A Journey of Transformation

Many members have shared their transformative stories since joining RAW Training. One member, a 71-year-old gentleman, expressed his surprise at how much he has enjoyed the workouts over the past months. He noted significant improvements in stamina, strength, and flexibility, allowing him to engage more actively with his grandchildren. This kind of growth is not uncommon among members who embrace the RAW experience.

Exceptional Coaching Staff

The coaching staff at RAW is consistently praised for their dedication and expertise. With a focus on personalized attention, coaches tailor workouts to meet individual needs, ensuring that everyone can achieve their fitness goals safely and effectively. The supportive environment fosters camaraderie, where members encourage one another instead of competing against each other.

Variety and Flexibility in Training

RAW Training is recognized for its diverse programming, offering a mix of cardio, strength training, and unique classes. Members appreciate the challenging yet fun nature of the workouts, designed to keep them engaged and motivated. As one member noted, “the variety of workouts keeps me engaged and challenge me,” highlighting how the program evolves to cater to different fitness levels.

A Thriving Community Spirit

At RAW Training, the sense of community is palpable. Members often describe the gym as a family—a place where friendships are formed and support is abundant. The welcoming atmosphere encourages newcomers to feel comfortable and included, further enhancing the overall experience. This strong sense of belonging is a key reason why many choose to make RAW their go-to fitness destination.

Conclusion: Join the RAW Family

With an exceptional facility, experienced coaches, and a vibrant community, **RAW Training** stands out as one of the premier physical fitness programs in Western Pennsylvania. Whether you are a seasoned athlete or a beginner looking to improve your fitness, RAW provides the tools and support needed to succeed. If you're ready to embark on a transformative journey, visit RAW Training today. You won't regret becoming part of this inspiring community!

You can come to our business at

2330 Wildwood Rd, 15101 Allison Park, Pennsylvania - United States (US)

The contact phone of this **Physical fitness program** is +1412-487-2221
And if you want to send a WhatsApp, you can do so at +1412-487-2221

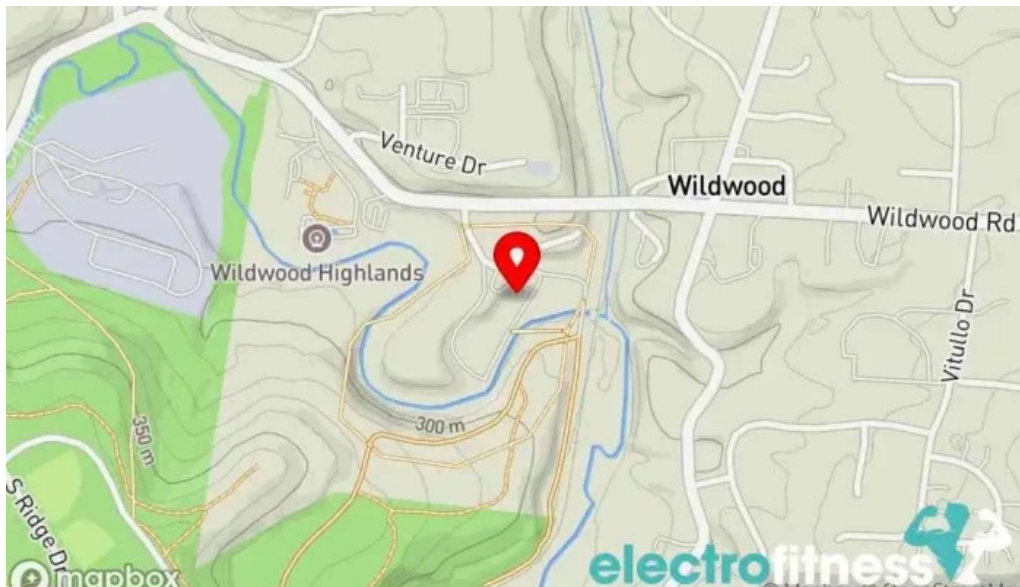
Our opening hours are:

Day	Hours
Monday	5?AM–6:30?PM
Tuesday	7?AM–12?PM
Wednesday	Closed
Thursday	5?AM–8?PM
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–8?PM

The website is RAW Training

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Images



Raw training map



Raw training by owner



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Tags

Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility

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rock climbing gym
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