

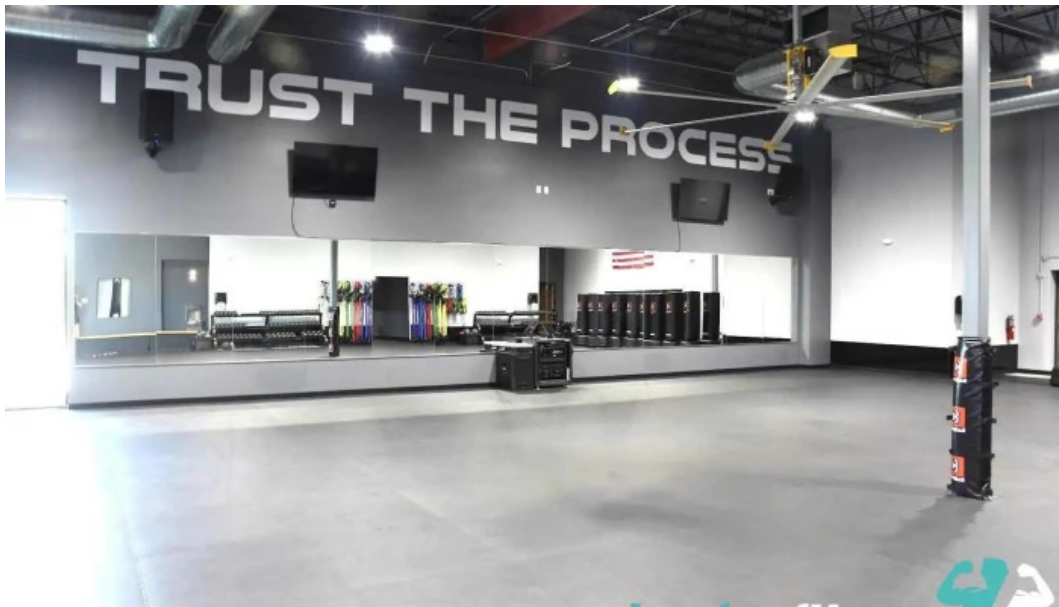
## Farrell's eXtreme Bodyshaping - Altoona - Altoona

altoona

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| Published on: 22/05/25 | Hits: 600    |
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## *Farrell's eXtreme Bodyshaping - Altoona - Altoona*

### Discovering Farrell's eXtreme Bodyshaping - Altoona

If you are in search of a friendly and inclusive fitness community, look no further than **\*\*Farrell's eXtreme Bodyshaping in Altoona, Iowa\*\***. This gym is not just about working out; it's about building a supportive environment that welcomes everyone, regardless of their fitness level.

### A Welcoming Atmosphere

From the moment you step inside, you will notice the emphasis on

**\*\*accessibility\*\*** and comfort. Farrell's prides itself on having a **\*\*wheelchair-accessible entrance\*\*** and facilities, including **\*\*wheelchair-accessible toilets\*\*** and a **\*\*wheelchair-accessible car park\*\***. This commitment ensures that everyone can participate in the fitness journey without barriers. The vibe is described as exceptionally welcoming by many members. One visitor remarked, "I felt very welcomed when I first started. The instructors and coaches are very good at helping me get in rhythm with my punches."

## **A Women-Owned Business**

Importantly, Farrell's identifies as **\*\*women-owned\*\***, promoting empowerment and inclusivity in a typically male-dominated industry. The gym fosters a community where all individuals, particularly women, feel supported in their fitness endeavors.

## **Top-Notch Amenities**

The facility boasts modern **\*\*amenities\*\***, designed to make your workout experience enjoyable and effective. Along with the **\*\*gender-neutral toilets\*\***, you'll find a clean and well-maintained gym that offers a variety of **\*\*on-site services\*\*** tailored to meet diverse needs.

## **Comprehensive Fitness Programs**

Farrell's isn't just about lifting weights or cardio; it's about creating a holistic approach to fitness. The program includes: - Engaging workouts that are both fun and challenging. - Detailed nutrition coaching from experts that is easy to understand. - A variety of class times ensuring flexibility for busy schedules. As one member noted, "It's so much more than just 10 weeks of exercise class. They work with you on nutrition, personal goals, technique, and improving your health."

## **Supportive Community**

One of the standout features of Farrell's is its strong support system. Many have likened the gym experience to being part of a family. "The support you receive while you are there and the friends you make are amazing," shared a satisfied member. With coaches like Barbie Mogle, who provides comprehensive nutrition and macro support, members feel encouraged every step of the way.

## **Online Classes and Service Options**

For those who prefer to work out at home, Farrell's also offers **\*\*online classes\*\***, making it easier for anyone to join from the comfort of their own space. The blend of **\*\*service options\*\*** ensures that every individual can find the right fit for their lifestyle.

## **Join the Transformation!**

Whether you're looking to lose weight, gain strength, or simply find a new hobby, Farrell's eXtreme Bodyshaping - Altoona is the perfect destination. As one long-time member expressed, "I can't stress enough that this is not just a gym. This place gave me a second family and a chance at a better, healthier life." Don't wait any longer. Experience the life-changing opportunities that await you at Farrell's eXtreme Bodyshaping today!

**We are established at**

3880 Prairie Fire NW Suite 100, 50009 Altoona, Iowa - United States (US)

The contact line of the respective **Physical fitness program** is +1515-400-6299  
And if you want to send a WhatsApp, you can do so at +1515-400-6299

**You can visit us at the following hours:**

Day Hours  
Monday  
4-10:30?AM 4-7:15?PM  
Tuesday  
4-10:30?AM 4-6:30?PM  
Wednesday  
5-10?AM  
Thursday  
Closed  
Friday  
4-10:30?AM 4-7:15?PM  
Saturday  
4-10:30?AM 4-7:15?PM  
Sunday  
4-10:30?AM 4-7:15?PM

The website is Farrell's eXtreme Bodyshaping - Altoona

If you wish to modify any data that you consider is not precise regarding this page, we urge you to send us a message so we can we will adjust it promptly. Thank you in advance we appreciate it.

**Images**



*Farrells extreme bodyshaping altoona street view 360deg*



*Farrells extreme bodyshaping altoona reviews*



*Farrells extreme bodyshaping altoona promotion*

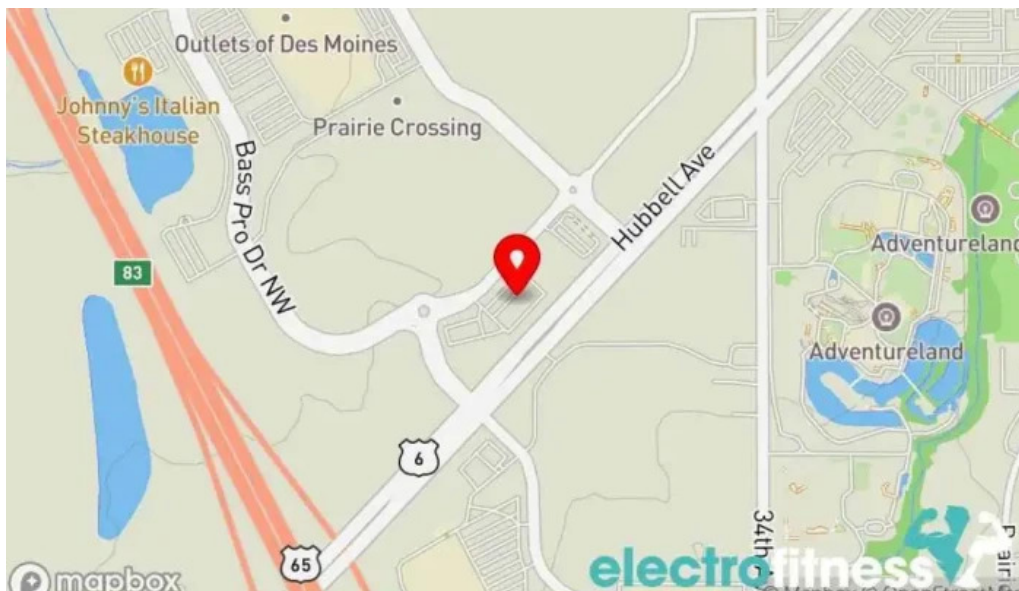


*Farrells extreme bodyshaping altoona physical fitness program*





*Farrells extreme bodyshaping altoona open now*



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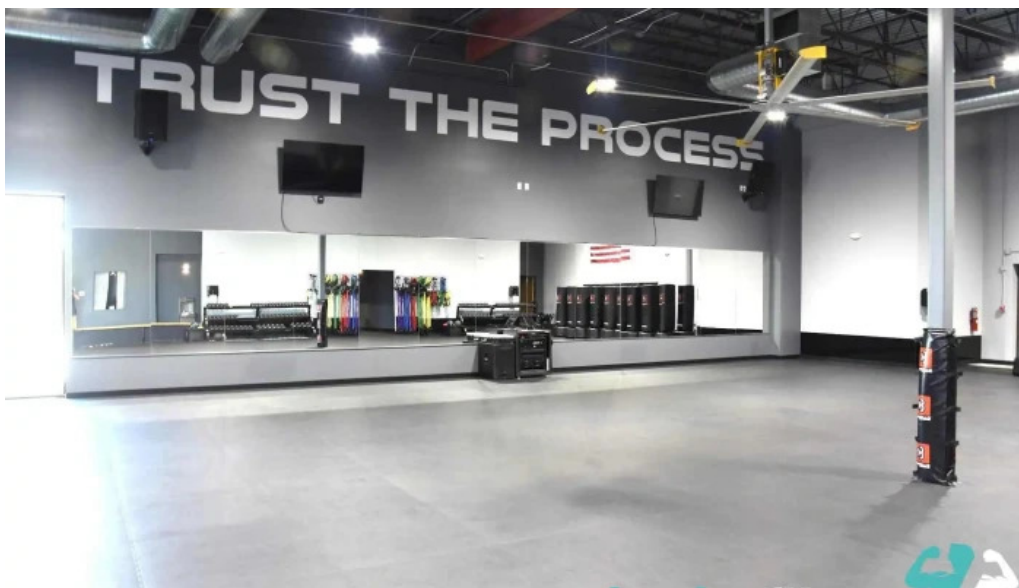
*Farrells extreme bodyshaping altoona by owner*



*Farrells extreme bodyshaping altoona area*

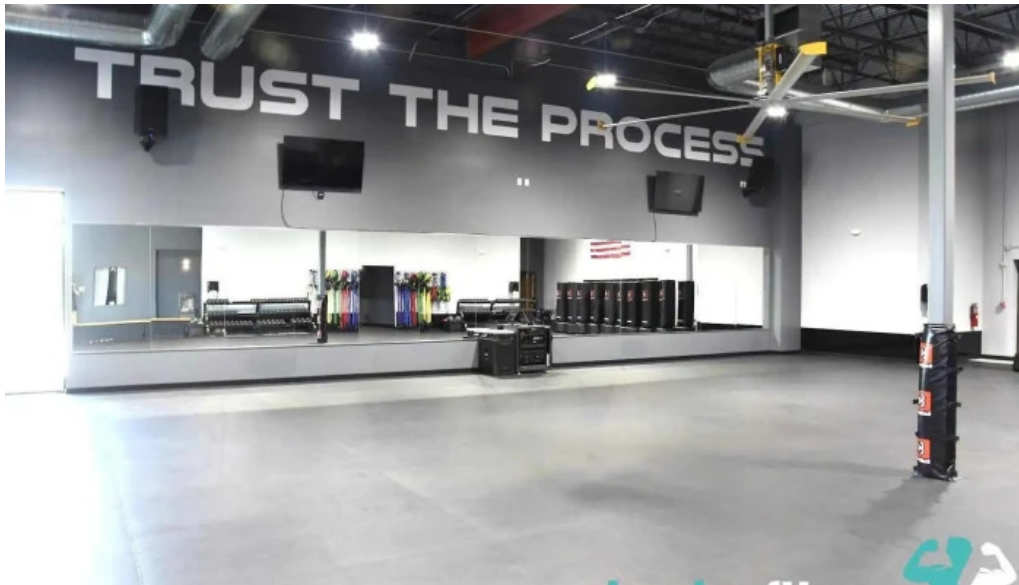


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## Tags

*Amenities, Online classes, Wheelchair-accessible toilet, From the business, Gender-neutral toilets, Identifies as women-owned, Wheelchair-accessible car park, On-site services, Toilet, Accessibility, Wheelchair-accessible entrance, Service options*

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| apartment complex          |
| aquatic centre             |
| arena                      |
| art gallery                |
| association / organization |
| athletic club              |
| auditorium                 |
| bar                        |
| barber shop                |
| basketball club            |
| basketball court           |
| batting cage center        |
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| boxing club                |
| boxing gym                 |
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| buddhist temple            |
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| children's party service   |
| chiropractor               |
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| club                       |
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| community center           |
| convenience store          |
| corporate office           |
| counselor                  |
| country club               |
| coworking space            |
| cultural center            |
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| dance company              |

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| department store                             |
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| restaurant                  |
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| school                      |
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| yoga studio        |
| youth center       |
| youth organization |