

Breakthrough Personal Training - Boise

boise

☐ I'm not a robot



RECAPTCHA

Published on: 07/04/25	Hits: 520
Comments: 0	See comments
Votes: 52	Score: 5

https://www.electrofitness.com/physical-fitness-program/boise/breakthrough-personal-training-boise_192712.php



boise

Breakthrough Personal Training - Boise

Discover Breakthrough Personal Training in Boise, Idaho

If you're searching for an exceptional **physical fitness program** in Boise, Idaho, look no further than **Breakthrough Personal Training**. This facility offers a unique blend of personalized training, supportive environments, and accessibility features that cater to individuals at all fitness levels.

Accessibility for All

At Breakthrough Personal Training, accessibility is a priority. The gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can take advantage of the outstanding fitness programs offered. Whether you are new to fitness or looking to enhance your current routine, this facility is designed to be welcoming and inclusive.

Convenient Amenities

Breakthrough Personal Training boasts a variety of amenities that make your fitness journey enjoyable and efficient. With a **free parking lot**, you won't have to worry about finding a space when you arrive for your session. The facility is equipped with top-notch gear and even provides a **toilet** for your convenience. This attention to detail ensures that your focus remains on reaching your fitness goals.

Customized Service Options

One of the standout features of Breakthrough Personal Training is the customizable **service options** available. Clients can choose from in-person training sessions or opt for **online classes**, which are particularly beneficial for those who prefer to work out from the comfort of their own homes. Coach Phil and his team tailor each workout to meet the unique needs of every individual, making sure that you receive the best training experience possible.

A Personal Touch

Clients rave about their experiences at Breakthrough. Coach Phil is known for his patience, expertise, and ability to push clients beyond their limits while maintaining a supportive atmosphere. Many testimonials highlight how he takes the time to explain exercises thoroughly, ensuring that everyone understands the purpose behind their workouts. As one client noted, "Phil is incredibly knowledgeable and patient - always walking me through each exercise step-by-step."

Join a Community of Support

The motivation and encouragement found at Breakthrough Personal Training create a vibrant community atmosphere. Clients appreciate the camaraderie they develop, whether they're young athletes or seniors looking to maintain mobility and strength. One couple shared, "We appreciate Phil's knowledge on nutrition and any supplements we are using or want to try." This holistic approach to fitness contributes to lasting results.

Experience Transformative Results

Many clients have reported remarkable changes in their health and fitness levels after just a few months of training. A participant in their 70s mentioned, "I've lost 20 lbs., gained muscle mass, and have better balance!" Another remarked on improved mobility following recovery from an injury, stating, "I've gained substantial muscle mass AND my upper body mobility has improved dramatically."

Conclusion

In summary, **Breakthrough Personal Training** stands out as a premier fitness destination in Boise, Idaho, thanks to its accessibility, superb amenities, and personalized training options. Discover how working with Coach Phil can transform your fitness journey—whether you're interested in physical strength or overall wellness. Don't hesitate to take the leap towards a healthier you!

Our location is in

10382 W Overland Rd, 83709 Boise, Idaho - United States (US)

The contact line of the respective **Physical fitness program** is +1877-398-7633
And if you want to send a WhatsApp, you can do so at +1877-398-7633

We are open during the following hours:

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–7?PM
Wednesday	6?AM–7?PM
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	9?AM–12?PM
Sunday	Closed

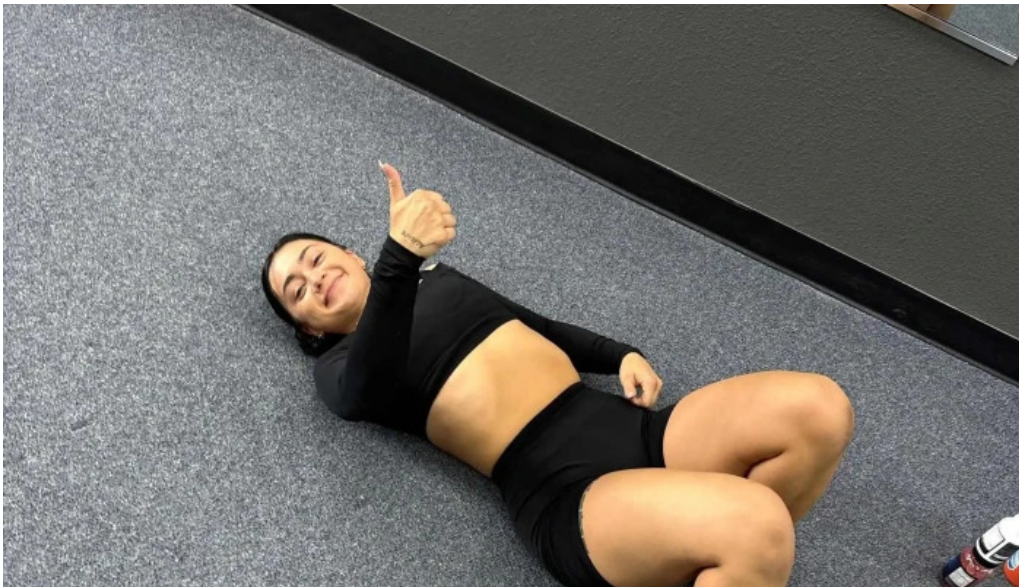
The website is [Breakthrough Personal Training](#)

If you wish to change any data that you believe is incorrect concerning this portal, we ask send a message so we can we will fix it as soon as possible. In advance thank you very much.

Images



Breakthrough personal training street view 360deg



Breakthrough personal training physical fitness program



Breakthrough personal training map



Breakthrough personal training by owner



Breakthrough personal training boise



Breakthrough personal training all

Tags

Online classes, On-site services, Wheelchair-accessible car park, Parking, Free parking lot, Toilet, Service options, Amenities, Accessibility, Wheelchair-accessible entrance

Related content

5.0 * Alloy Personal Training Rossmoor - Walnut Creek

4.7 * Isi Elite Training - Walnut Creek, Ca - Walnut Creek

4.9 * Traverse Fitness - Richmond

4.9 * D1 Training Merrillville - Merrillville

5.0 *	<i>LivFit Training Studio - Scott</i>
4.8 *	<i>GritFit Abilene - Abilene</i>
4.9 *	<i>Arc Fitness - Indianapolis</i>
4.6 *	<i>Forma Gym Walnut Creek - Walnut Creek</i>
5.0 *	<i>The Centered Body - Pleasant Hill</i>
5.0 *	<i>Shreem Supreme Spine & Health - Walnut Creek</i>

Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym

gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club

sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio
youth organization