


Fit Over 50 Fitness, Llc - Eagle

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Fit Over 50 Fitness, Llc - Eagle

Fit Over 50 Fitness, LLC: Empowering Health and Wellness in Eagle, Idaho

Are you looking for a welcoming space to improve your physical fitness? Look no further than ****Fit Over 50 Fitness, LLC**** in Eagle, Idaho. This remarkable fitness program is dedicated to promoting health and wellness among older adults, creating an environment that is both supportive and effective.

Accessibility for Everyone

One of the standout features of Fit Over 50 Fitness is its commitment to

accessibility. The facility boasts a ****wheelchair-accessible entrance****, ensuring that everyone can participate in their health journey regardless of mobility challenges. Additionally, it offers a ****wheelchair-accessible car park****, making access to the gym convenient for all members. This thoughtful approach has earned high praise from community members who appreciate the inclusive environment.

A Personalized Approach to Fitness

Clients at Fit Over 50 Fitness rave about the individualized attention they receive during workouts. With smaller class sizes, trainers like Geoff and Deborah can tailor exercises to meet each participant's unique needs—whether it's adjusting intensity levels or modifying movements for specific physical conditions. Many attendees have noted significant improvements in their strength, flexibility, and balance, making everyday activities easier and more enjoyable.

Engaging Workouts with a Community Feel

At Fit Over 50 Fitness, every session is designed to be enjoyable and engaging. Participants appreciate the varied workout routines that target all major muscle groups while fostering camaraderie among classmates. Comments from members highlight the friendly atmosphere and sense of humor that characterize the classes, making exercise a fun and social experience.

Positive Outcomes and Success Stories

Members frequently report remarkable improvements in their overall well-being since joining the program. Increased energy, enhanced strength, and better balance are just a few benefits experienced by participants. One member even shared how the program helped her tackle home improvement projects, something she wouldn't have been able to do without the strength gained from fitness classes. Testimonials emphasize how the expert guidance from trainers enhances not only physical capability but also mental health and social engagement.

Why Choose Fit Over 50 Fitness?

With its prime location, exceptional facilities, and dedicated trainers, ****Fit Over 50 Fitness, LLC**** stands out as the premier choice for individuals aged 50 and above looking to maintain an active lifestyle. The combination of accessibility, personalized training, and a supportive community creates a transformative fitness experience. In conclusion, if you're in the Eagle, Idaho area and seeking a fitness program tailored to your unique needs, look no further than Fit Over 50 Fitness, LLC. Join the many satisfied clients who have embraced healthier lifestyles and fostered meaningful connections within this vibrant fitness community.

Our address is

1545 E Iron Eagle Dr SUITE 105, 83616 Eagle, Idaho - United States (US)

The contact phone of the mentioned **Physical fitness program** is +1208-830-8170
And if you want to send a WhatsApp, you can do so at +1208-830-8170

We are available at these times:

Day	Hours
Monday	7?AM–7?PM
Tuesday	7?AM–5?PM
Wednesday	7?AM–5?PM
Thursday	7?AM–5?PM
Friday	7?AM–12?PM
Saturday	8–10?AM
Sunday	Closed

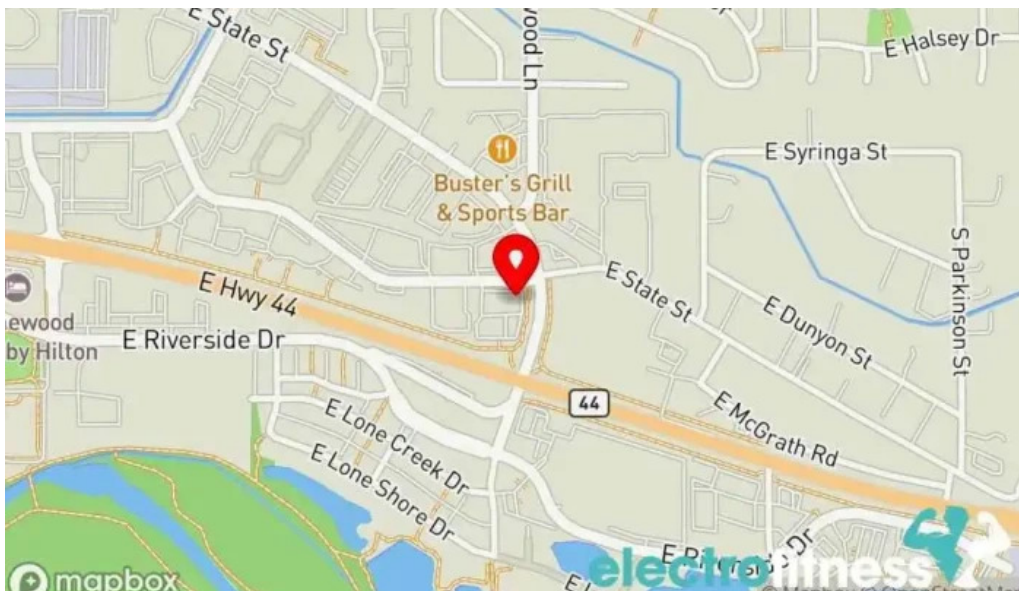
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Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

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