

B Balanced Fitness - Fairhaven

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B Balanced Fitness - Fairhaven

B. Balanced Fitness: Your Premier Physical Fitness Program in Fairhaven, Massachusetts

Welcome to B. Balanced Fitness, an exceptional physical fitness program located in Fairhaven, Massachusetts. Known for its personal touch and customized training sessions, B. Balanced Fitness is dedicated to helping individuals of all fitness levels achieve their health goals.

Personalized Training Experience

At B. Balanced Fitness, we believe in tailoring workouts that cater to the unique needs and objectives of each client. Many clients have shared their positive experiences, emphasizing the effectiveness of the ****1:1 training sessions**** offered. One satisfied parent notes, "My daughter and I do 1:1 training at B. Balanced and we absolutely love it!" This level of personalization ensures that every client feels comfortable and confident as they progress through their fitness journey.

Expert Guidance from Braley

Braley, the driving force behind B. Balanced Fitness, goes above and beyond to design workouts that align with individual goals. Clients have expressed their appreciation for her professional yet friendly approach, stating that she is "great at communicating" and prioritizes safety, especially in light of COVID-19 guidelines. One client proudly shared, "I've lost 16 lbs and many inches thanks to her!!"

A Fun and Engaging Atmosphere

B. Balanced Fitness is not just about hard work; it's also about enjoyment. With good music playing in the background, Braley ensures that each class is both effective and fun, making the workout experience enjoyable. "Braley does an awesome job running her classes," one participant remarked, highlighting the fun atmosphere that keeps clients motivated.

Accessibility at B. Balanced Fitness

Understanding the importance of accessibility, B. Balanced Fitness provides a ****wheelchair-accessible car park****, ensuring that everyone can participate in their fitness programs without barriers. This commitment to accessibility reflects the inclusive philosophy at B. Balanced Fitness, making it a welcoming place for individuals of all abilities.

Conclusion

If you are looking for a supportive environment that focuses on personalized fitness training, look no further than B. Balanced Fitness in Fairhaven, Massachusetts. With expert guidance from Braley and a strong emphasis on fun and safety, you will find yourself on the path to achieving your fitness goals. Don't hesitate to schedule your session today!

You can come to our business at

12 Union Wharf, 02719 Fairhaven, Massachusetts - United States (US)

The phone of the respective **Physical fitness program** is +1508-742-6185
And if you want to send a WhatsApp, you can do so at +1508-742-6185

We are available at these times:

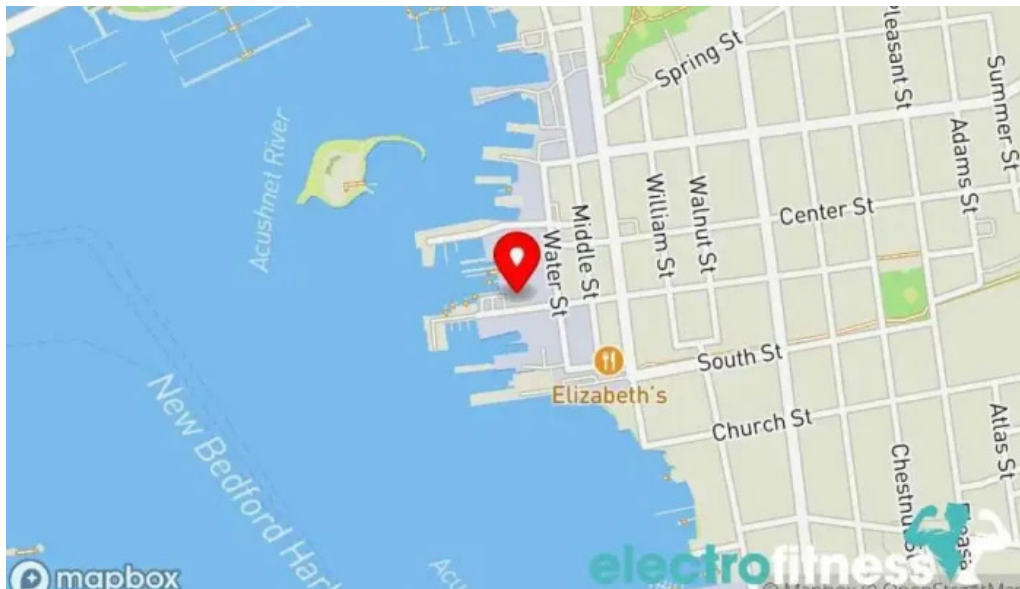
Day	Hours
Monday	5:30?AM–7?PM
Tuesday	5:30?AM–7?PM
Wednesday	Closed
Thursday	5:30?AM–7?PM
Friday	5:30?AM–7?PM
Saturday	5:30?AM–7?PM
Sunday	5:30?AM–7?PM

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Images



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