

One Body Fitness - Little River

little river

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One Body Fitness - Little River

Discover One Body Fitness: Your Go-To Physical Fitness Program in Little River, South Carolina

If you're searching for a physical fitness program that combines ****community****, ****expert coaching****, and ****accessibility****, look no further than One Body Fitness in Little River, South Carolina. This gym not only caters to various fitness levels but also ensures that everyone has the opportunity to enjoy a fulfilling workout experience.

On-Site Services Tailored for Everyone

One Body Fitness offers a range of on-site services designed to meet the needs of its diverse clientele. With a commitment to inclusivity, the gym provides personalized workout plans that cater to individual goals and preferences. Whether you are a beginner or a seasoned athlete, the dedicated coaches at One Body Fitness ensure that every member feels welcomed and supported.

Accessibility Features for All Members

One of the standout features of One Body Fitness is its focus on accessibility. The gym boasts a ****wheelchair-accessible entrance****, ensuring that all individuals can enter and participate in workouts comfortably. Additionally, there is a ****wheelchair-accessible car park**** for added convenience, making it easy for everyone to access the facility.

A Variety of Service Options to Suit Your Lifestyle

At One Body Fitness, flexibility is key. The gym understands that many individuals have busy schedules, which is why they offer multiple service options, including ****30-minute workouts**** designed to fit seamlessly into your day. These quick, effective sessions allow members to achieve their fitness goals without sacrificing time.

Community and Camaraderie

What sets One Body Fitness apart is the sense of ****camaraderie**** among its members. Many attendees express how enjoyable it is to work out alongside familiar faces, fostering friendships that extend beyond the gym. As one member noted, "The coaches are awesome, fun, and so encouraging." This supportive environment plays a significant role in motivating individuals to reach their fitness goals.

Expert Coaching with Personal Touch

Led by owner Ginny Wolfe, the coaching team at One Body Fitness is dedicated to adapting exercises to meet the unique needs of each member. From modifications for specific injuries to personalized training regimens, the coaches take into consideration various fitness levels. Comments from members highlight the expertise of coaches like Ginny, Denise, Julie, and Cameron, emphasizing their ability to create a ****fun**** and ****energetic**** atmosphere.

Join the One Body Fitness Community Today!

Whether you're looking to jumpstart your fitness journey or find a supportive community, One Body Fitness in Little River is the perfect place for you. Experience the joy of working out with friends and achieving your fitness goals in a welcoming environment. Come discover why so many love this gym, and find your place within the One Body Fitness family!

Our premises are located at

120 Pinnacle Pl Unit J, 29566 Little River, South Carolina - United States (US)

The phone of said **Physical fitness program** is +1843-281-0806

And if you want to send a WhatsApp, you can do so at +1843-281-0806

We are available at these times:

Day Hours

Monday

5?AM–12?PM 4–7?PM

Tuesday

5?AM–1?PM

Wednesday

8–11:30?AM

Thursday

9:30?AM–12?PM

Friday

5?AM–1?PM 4–7?PM

Saturday

5?AM–12?PM 4–7?PM

Sunday

5?AM–1?PM 4–7?PM

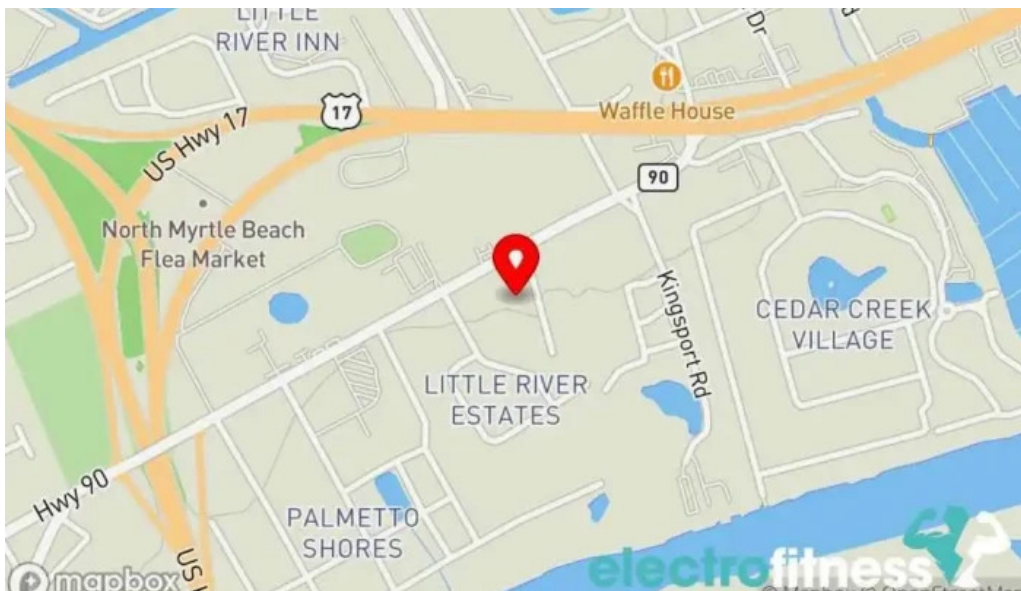
The website is One Body Fitness

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Images



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Tags

Wheelchair-accessible entrance, On-site services, Wheelchair-accessible car park, Accessibility, Service options

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