

StepX Extreme Results - Mission Viejo

mission viejo

☐ I'm not a robot 

Published on: 07/05/25	Hits: 480
Comments: 0	See comments
Votes: 60	Score: 5

https://www.electrofitness.com/physical-fitness-program/mission-viejo/stepx-extreme-results-mission-viejo_278071.php



mission viejo

StepX Extreme Results - Mission Viejo

StepX Extreme Results: Your Ultimate Physical Fitness Program in Mission Viejo

Are you ready to transform your fitness journey? Look no further than ****StepX Extreme Results****, located in the heart of Mission Viejo, California. This unique and engaging program offers a fresh approach to physical fitness by combining high-energy workouts with community support and inclusivity.

Accessibility for All

StepX is committed to making fitness accessible to everyone. The facility features a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that all individuals can experience the benefits of this transformative workout. StepX understands that fitness should not be limited by physical ability, which is why accommodating facilities are a top priority.

Why Choose StepX?

One of the standout features of StepX is its dynamic class structure. Reviewers rave about the exhilarating atmosphere, noting how each session feels like a party rather than a workout. With classes designed for both cardio and strength training, members burn calories while having fun. Participants have reported burning over 600 calories per session and leaving every class feeling energized and accomplished. Keri, the owner and lead instructor, is frequently praised for her infectious energy and motivational coaching style. “The music is impossible not to move along to,” says a long-time member, emphasizing how the engaging environment fosters a sense of community and camaraderie among participants.

A Community Like No Other

At StepX, you’re not just another member; you’re part of a thriving community. Many reviews highlight how welcoming and supportive fellow participants are, creating an encouraging space for everyone to pursue their fitness goals. Whether you’re a seasoned athlete or just starting your fitness journey, you’ll find a place here. The variety of classes caters to different fitness levels, with modifications available for those who need them.

Effective Workouts Tailored to You

StepX workouts focus on both cardio and strength training, incorporating resistance bands and weights as well as step machines. This hybrid approach ensures a comprehensive workout that targets multiple muscle groups simultaneously. Keri's expertise shines through in her ability to challenge each member according to their individual fitness levels, promoting personal growth and improvement. Members have shared their success stories, noting incredible transformations since joining. From increased strength and endurance to weight loss and improved overall health, the results speak for themselves.

Join the Fun Today!

If you’re seeking a fun, effective, and community-oriented fitness program, look no further than ****StepX Extreme Results****. Their flexible class schedules make it easy for busy professionals to fit fitness into their lives without compromising quality. Don’t miss out on the chance to try your first class for free! Join us at StepX and discover how a supportive environment combined with challenging yet enjoyable workouts can lead you to achieve your ultimate fitness goals.

Whether you're looking to burn calories, build strength, or just have a great time, StepX has it all. Come sweat with us – you won't regret it!

The location of our business is in

24000 Alicia Pkwy Suite 29, 92691 Mission Viejo, California - United States (US)

The phone of the respective **Physical fitness program** is +1949-338-9733

And if you want to send a WhatsApp, you can do so at +1949-338-9733

We are open during the following hours:

Day Hours
Monday

4:30?AM–7:30?PM

Tuesday

8:30–11?AM

Wednesday

6–11?AM

Thursday

8–11?AM

Friday

4:30?AM–7:30?PM

Saturday

4:30?AM–7?PM

Sunday

4:30–11?AM

The website is StepX Extreme Results

If you need to adjust any data that you think is incorrect related to this web, we ask send us a message so that we will correct it promptly. Thanks
beforehand thanks.

Images



Stepx extreme results videos



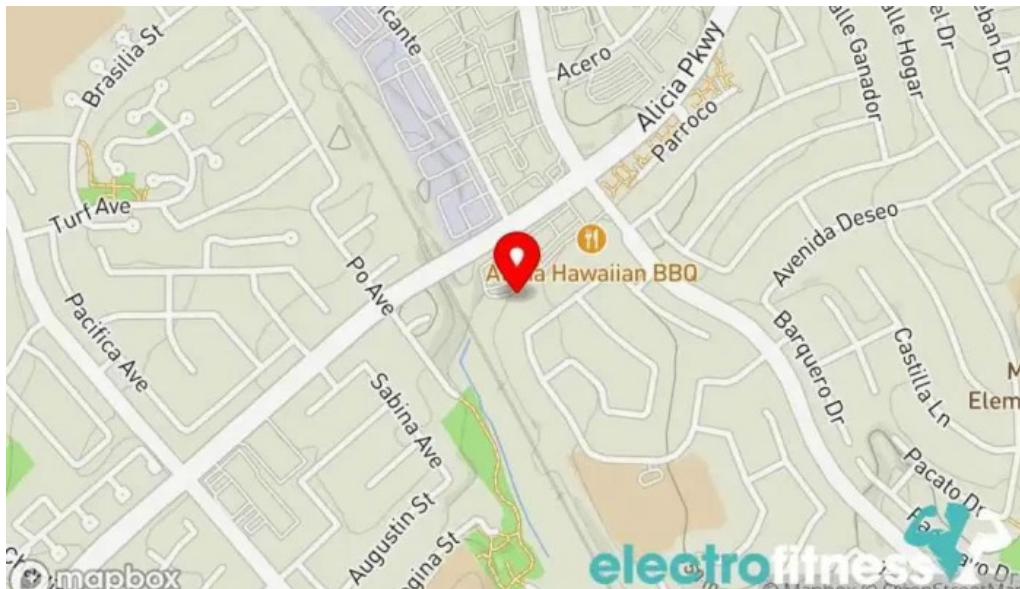
Stepx extreme results street view 360deg



Stepx extreme results physical fitness program



Stepx extreme results mission viejo



Stepx extreme results map



Stepx extreme results by owner



Stepx extreme results all

Tags

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

Related content

4.8 *	<i>Cheer Extreme Maryland - Waldorf</i>
4.4 *	<i>Djs Extreme Training - Personal Coaching - Quincy</i>
5.0 *	<i>The Mission Hq - Alameda</i>
5.0 *	<i>Mission Fitness - Adrian</i>
5.0 *	<i>Fitness Mission - Ada</i>
4.5 *	<i>Team Beauty Palmview - Mission</i>
5.0 *	<i>Results First Personal Training - Phoenix</i>
4.9 *	<i>Results Fitness - Open 24 years! The Original & Best! - Newhall</i>
4.8 *	<i>The Wild Yogi Studio - Aliso Viejo</i>
5.0 *	<i>Results Driven Fitness - Burlington</i>

Categories

academic department
acupuncture clinic

after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center

fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
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 spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy

physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area

wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization