

## Artemis Fitness - South Burlington

south burlington



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*south burlington*

### *Artemis Fitness - South Burlington*

*Discover Artemis Fitness in South Burlington, Vermont*

#### **Welcome to Artemis Fitness**

If you're looking for a transformative fitness experience in South Burlington, Vermont, look no further than **\*\*Artemis Fitness\*\***. This gym is designed to foster a supportive, non-competitive environment that emphasizes personal growth and strength building.

## Accessibility and Convenience

One of the standout features of Artemis Fitness is its commitment to **accessibility**. The facility offers a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate in their fitness journey without barriers.

## A Unique Training Experience

At Artemis Fitness, workouts are anything but routine. Clients love the variety and challenge presented in each session. As one member shared, "Great workouts, always different, always challenging." The focus here is on small semi-private training sessions, which allows for personalized attention from knowledgeable trainers. Members appreciate how this format encourages them to push their limits safely.

## A Supportive Community

The atmosphere at Artemis Fitness is welcoming and community-oriented. Clients regularly mention the positive impact of being part of a non-competitive environment filled with supportive women. A member noted, "It is a really nice community of women where trainers help guide and modify workouts as needed." This sense of belonging enhances motivation and success in reaching fitness goals.

## Transformative Results

Many members have experienced significant transformations through their time at Artemis. One individual mentioned how joining was "definitely the game changer of my year." With consistent training, clients report improvements not just in strength but also in overall well-being, helping them achieve personal milestones like running their first race or completing a chin-up.

## Why Choose Artemis Fitness?

**Expert Trainers:** Skilled instructors provide guidance and ensure proper alignment and safety during workouts. **Diverse Workouts:** Regularly changing workouts keep members engaged and excited. **Holistic Approach:** Focus on strength rather than weight or body image fosters a healthier mindset. **Small Group Format:** Personalized training in a supportive group setting enhances motivation and accountability.

## Join the Artemis Fitness Community Today!

If you're ready to take your fitness journey to the next level while enjoying a

supportive community, visit Artemis Fitness in South Burlington, Vermont. With its accessible facilities and exceptional trainers, you'll be empowered to achieve your goals and feel stronger than ever!

### **We are based in**

57 Fayette Dr, 05403 South Burlington, Vermont - United States (US)

The contact line of this **Physical fitness program** is +1802-448-3769  
And if you want to send a WhatsApp, you can do so at +1802-448-3769

### **We are available at these times:**

Day	Hours
Monday	8:30–11?AM
Tuesday	Closed
Wednesday	6?AM–6:30?PM
Thursday	8?AM–6:30?PM
Friday	6?AM–6:30?PM
Saturday	8?AM–6:30?PM
Sunday	7?AM–1?PM

The website is Artemis Fitness

If you need to adjust any information that you consider is not precise about this site, we urge you to deliver a message so we can we will adjust it as soon as possible. Thanks beforehand thanks for your cooperation.

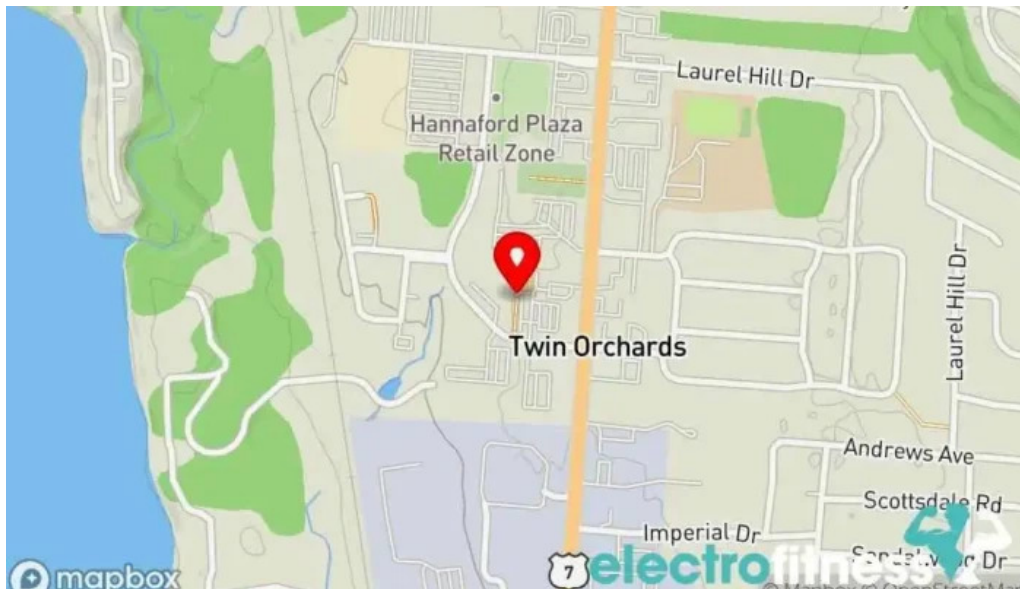
## **Images**



*Artemis fitness street view 360deg*



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## Tags

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

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golf instructor
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jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
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physical therapist
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pickleball court
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private golf course
public educational institution
recreation center
rehabilitation center
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self defense school
shooting range
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spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club



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training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization