

Fitness Options Personal Training Studio - South Burlington

south burlington

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Fitness Options Personal Training Studio - South Burlington

Fitness Options Personal Training Studio: Your Gateway to Health and Wellness

At ****Fitness Options Personal Training Studio**** located in South Burlington, Vermont, you can embark on a transformative journey towards physical fitness. This gym is not only known for its professional trainers but also for its welcoming atmosphere that makes every visit enjoyable.

Accessibility for All

One of the standout features of Fitness Options is its commitment to accessibility. The facility boasts a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can enjoy the benefits of personal training. Whether you're coming in for a quick workout or an extensive training session, you can do so with ease.

On-Site Services Tailored to Your Needs

Fitness Options offers a variety of ****on-site services**** designed to cater to individual needs. With an ****appointment required**** policy, the trainers focus on personalized training sessions that guide you through every step of your fitness journey. Each trainer, such as Chris Dryden and David Means, is passionate about helping clients set and accomplish their goals.

Our Expert Trainers Make the Difference

Clients rave about the expertise and dedication of the trainers at Fitness Options. Chris Dryden, known for his creative programming, assists competitive athletes like dragon boat paddler clients in building muscle stamina and strength after injuries. David Means tailors each workout, making it both challenging and safe, while ensuring exercises are done correctly.

Engaging Online Classes

For those who prefer training from the comfort of their homes, Fitness Options also offers ****online classes****. These programs are designed to keep you motivated and engaged while providing the same level of expertise found in the studio.

A Community That Cares

The testimonials from clients highlight the caring environment cultivated by the staff. With a sweet dog around to brighten the atmosphere, visitors often describe the studio as a friendly and non-intimidating place for training. The supportive community is one of the key reasons clients return week after week.

Well-Planned Workouts for All Levels

Every individual's journey at Fitness Options is unique. Trainers carefully plan each workout, adapting them based on feedback and progress. Whether you are recovering from an injury or looking to boost overall fitness, the staff ensures each session meets your specific requirements.

Invest in Your Wellbeing

Fitness Options is more than just a gym; it's a place where individuals come to invest in their long-term health. The combination of professional trainers, accessible facilities, and a warm atmosphere makes this studio a top choice for anyone looking to achieve their fitness goals. In conclusion, whether you are a seasoned athlete or just beginning your fitness journey, the team at ****Fitness**

Options Personal Training Studio** is equipped to help you succeed. Join the community today and start experiencing the benefits of personalized training in a supportive environment.

We are at

89 Rye Cir Suite 1, 05403 South Burlington, Vermont - United States (US)

The contact line of the respective **Physical fitness program** is +1802-863-4848
And if you want to send a WhatsApp, you can do so at +1802-863-4848

We look forward to seeing you at:

Day	Hours
Monday	7?AM–2?PM
Tuesday	Closed
Wednesday	6?AM–7?PM
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is Fitness Options Personal Training Studio

If you wish to update any element that you feel is not correct regarding this site, please send us a message so that we will correct it at the earliest convenience. Thanks beforehand thank you very much.

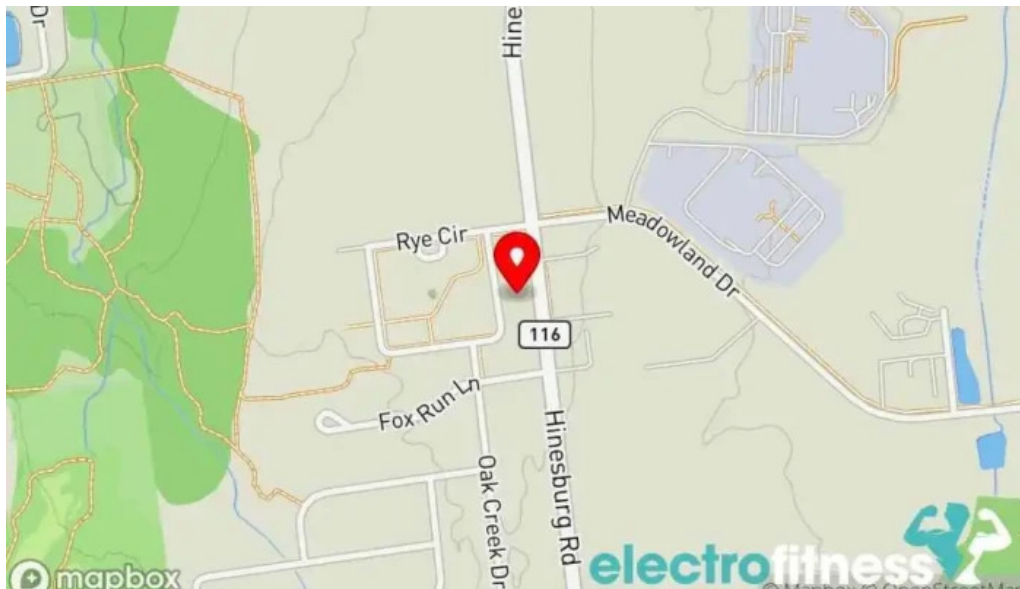
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Fitness options personal training studio south burlington



Fitness options personal training studio map



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Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Online classes, Appointment required, Service options, On-site services, Accessibility, Planning

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