

OnTrack Physical Therapy and Functional Training - Essex Junction

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OnTrack Physical Therapy and Functional Training - Essex Junction

Welcome to OnTrack Physical Therapy and Functional Training

Located in Essex Junction, Vermont, **OnTrack Physical Therapy and Functional Training** is not just a clinic; it's a vibrant community dedicated to enhancing physical health and well-being. With a range of classes tailored to individuals of all fitness levels, OnTrack is a go-to destination for those seeking

both rehabilitation and functional training.

Planning Your Visit

Visitors to OnTrack are encouraged to plan their visits in advance.

Appointments are required for physical therapy sessions, while **appointments are recommended** for group classes to ensure personalized attention and support.

Facilities and Amenities

OnTrack values **accessibility** for all clients, featuring a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**. Once inside, clients can enjoy **wheelchair-accessible seating** that ensures everyone feels comfortable and included during their workouts.

Gender-Neutral Toilets

In commitment to creating an inclusive environment, OnTrack provides **gender-neutral toilets**, reinforcing the clinic's dedication to accessibility and comfort for all visitors.

A Welcoming Atmosphere

The atmosphere at OnTrack is one of camaraderie and support, as highlighted by numerous testimonials from the community. Attendees often comment on how **knowledgeable and friendly** the staff is, which encourages a fun and approachable workout environment. For instance, members have expressed appreciation for the small class sizes, noting that they feel safer and more capable when exercising among peers rather than in larger gym settings.

Transformative Experiences

Clients report transformative experiences after joining OnTrack, with many feeling stronger and more confident in their physical capabilities. One member, reflecting on her journey, stated, "I started out with extreme back pain... 6 years later and I am stronger than ever." Such stories emphasize the impact of the staff and their tailored training programs.

Functional Training Classes

OnTrack's **Functional Training** classes are especially popular, providing an easy entry into strength training. These classes are designed to push participants beyond their perceived limits in a supportive setting. As one

member shared, “Ren and Molly have created an environment that is 100% supportive and 0% ego.” This emphasis on personal growth and community is what sets OnTrack apart.

The Role of Community

The community aspect of OnTrack is invaluable, with many members forming friendships while working towards their fitness goals. Clients often mention how they look forward to classes, not only for the workouts but also for the social aspects, making OnTrack not just a place to exercise, but a place to connect.

Conclusion: Join the OnTrack Family

If you are seeking a supportive space to achieve your fitness goals, or if you need rehabilitation services, **OnTrack Physical Therapy and Functional Training** invites you to become part of their family. With a focus on accessibility, expert staff, and a welcoming environment, OnTrack stands out as a premier destination for physical wellness in Essex Junction, Vermont.

The business is situated at

21 Essex Way #115, 05452 Essex Junction, Vermont - United States (US)

The phone number of the respective **Physical therapy clinic** is +1802-865-2226
And if you want to send a WhatsApp, you can do so at +1802-865-2226

Our service hours are:

Day Hours
Monday
8:30?AM–12?PM
Tuesday
Closed
Wednesday
8?AM–8?PM
Thursday
8?AM–8?PM
Friday
8?AM–8?PM
Saturday
8?AM–8?PM
Sunday

8?AM-8?PM

The website is [OnTrack Physical Therapy and Functional Training](#)

In case you want to alter any element that you feel is not correct about this web, we ask send us a message and we will fix it quickly. Thanks beforehand thanks.

Images



Ontrack physical therapy and functional training street view 360deg



Ontrack physical therapy and functional training physical fitness



Ontrack physical therapy and functional training map



Ontrack physical therapy and functional training latest



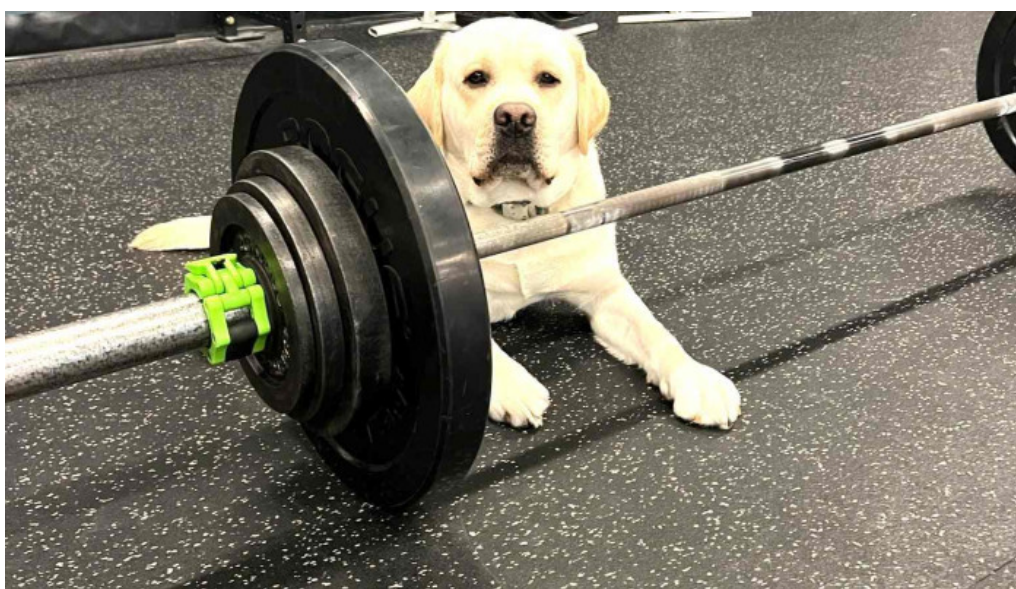
Ontrack physical therapy and functional training gym



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Tags

Accessibility, Appointments recommended, Wheelchair-accessible entrance, Amenities, Wheelchair-accessible seating, Toilet, Planning, Appointment required, Wheelchair-accessible car park, Gender-neutral toilets

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| martial arts club |
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| massage therapist |
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