

## Optimum fitness - Alpine

alpine

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## *Optimum fitness - Alpine*

### **Optimum Fitness Training Centre in Alpine, Utah: A Hub for Healing and Accessibility**

At the Optimum Fitness Training Centre in Alpine, Utah, individuals can find not just a place to heal from sports-related injuries but a community that prioritizes **\*\*accessibility\*\*** for all its clients.

#### **Wheelchair-Accessible Features**

One of the standout features of the Optimum Fitness centre is its commitment to inclusivity. The **\*\*wheelchair-accessible entrance\*\*** ensures that everyone can

enter the facility without barriers, allowing individuals with mobility challenges to receive the care they need. Additionally, the **\*\*wheelchair-accessible car park\*\*** provides convenient access for those who rely on wheelchairs or have other mobility concerns.

### **Client Testimonials Highlighting Exceptional Care**

The dedication of the staff at Optimum Fitness has not gone unnoticed by its clients. As one parent shared, “I would rate Dr. Basil TEN STARS if I could. He has helped my son multiple times with sports injuries and I will be forever grateful for his knowledge and expertise!” This sentiment is echoed by many who appreciate the personalized care received at the centre. Mark, one of the esteemed exercise physiologists, receives high praise for his deep understanding of body mechanics and his innovative treatment methods. Clients have noted, “Mark is amazing! Very knowledgeable and very good at explaining what is happening in the body and how to fix it.” His approach gets results; “I had been to 7 physical therapists with no progress and then one visit with Mark and I saw incredible leaps and bounds in progress.”

### **Transformative Recovery Experiences**

Optimum Fitness is known for achieving significant results, even in cases deemed complex. One client remarked, “Mark has helped me & my family with countless sports injuries. He's far more knowledgeable and helpful than any sports med doctor I have seen.” This highlights the centre's effectiveness, especially when traditional methods fall short. For those recovering from severe injuries, such as spinal cord injuries, testimonials speak to the remarkable recovery journeys facilitated by the team. “After my first visit with Mark, I noticed a marked improvement in my gait and a significant reduction in pain,” one satisfied customer stated.

### **A Commitment to Accessibility and Excellence**

Optimum Fitness Training Centre not only excels in treating sports injuries but also embodies a spirit of accessibility and understanding. With wheelchair-accessible entrances and car parking, it has set a standard for fitness and rehabilitation centres. As one happy client remarked, “He is Magic.” This magic is rooted in professionalism, empathy, and a genuine desire to help each individual reach their peak potential. If you're in Alpine, Utah, and seeking a training centre that prioritizes accessibility and transformative care, look no further than Optimum Fitness. Experience the difference yourself—where healing and inclusivity go hand-in-hand.

**We are positioned at**

18 Red Pine Dr, 84004 Alpine, Utah - United States (US)

The phone number of said **Training centre** is +1801-722-8628  
And if you want to send a WhatsApp, you can do so at +1801-722-8628

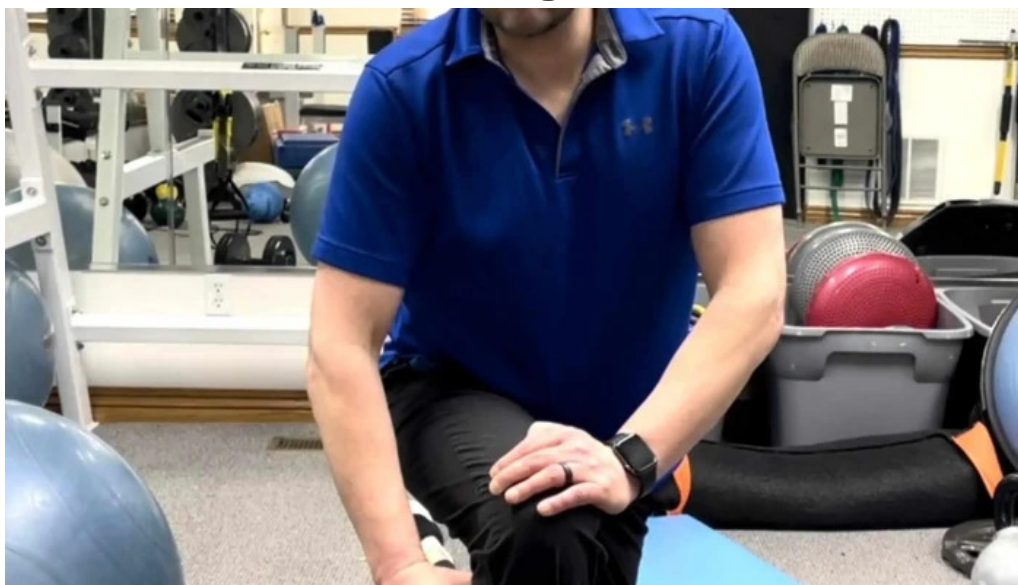
### **Our service hours are:**

Day	Hours
Monday	7?AM–7?PM
Tuesday	7?AM–7?PM
Wednesday	7?AM–7?PM
Thursday	7?AM–7?PM
Friday	7?AM–7?PM
Saturday	8?AM–12?PM
Sunday	Closed

The website is Optimum fitness

If you need to update any element that you consider is incorrect about this portal, we urge you to send us a message so we can we will handle it quickly.  
With anticipation thanks for your cooperation.

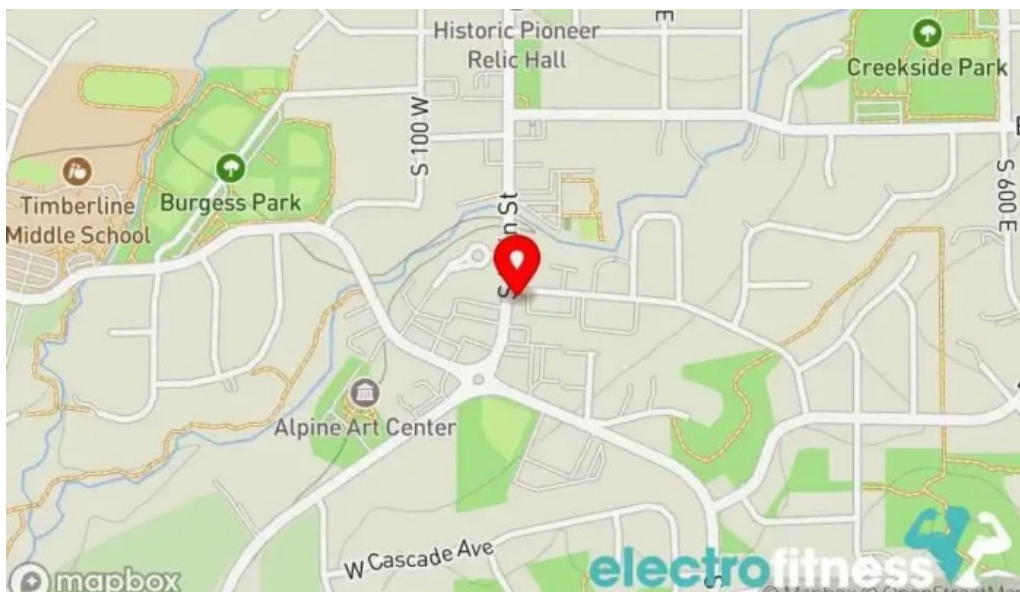
### **Images**



*Optimum fitness training centre*



*Optimum fitness street view 360deg*



*Optimum fitness map*





*Optimum fitness by owner*



*Optimum fitness alpine*



*Optimum fitness all*

## Tags

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

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basketball court
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boxing ring
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chiropractor
church
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coffee shop
college
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convenience store
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coworking space
cultural center
dance club
dance company
dance school
day spa
disability services and support organization
disc golf course
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elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
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golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
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
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
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sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
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