

Fitness Class Sessions in Van Nuys Los Angeles Now Being Held at Strength Academy Gym

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Strength Academy Gym, a private gym based in Van Nuys, CA, is happy to announce that they are now open and several personal trainers have been using the facility to provide fitness class sessions of different types. This is because the facility is considered by many personal trainers as a suitable place where they can meet their clients and provide the fitness sessions that they are offering. And they are proud to point out that people love the services provided by the facility as evidenced by the highly positive reviews they have received.

For instance, Dinh P. has given them a five star rating on Google and said, "Love working out here with my trainer. Not only because it's private but the place is kept very clean. What I like here is that there are plenty of equipments to use with many different weights available, not to mention I like using the rouge area and being able to practice and PR'ing for weightlifting."

This private gym is a 2,000 square foot fitness club that can be used by clients and their family members to attain new levels of physical fitness. This is a personal training studio that was designed to offer benefits to both personal trainers and their clients. Both are assured that there would be enough space for various kinds of training sessions. This is done through a strict scheduling system and the use of timed pass codes that limit the number of people using the facility during a particular block of time. In contrast, public gyms often don't have such restrictions and people may find these gyms to be packed with people when they go there.

One example of the fitness class sessions being offered is a boot camp at Strength Academy Gym by Jessie Redd and Silas Redd. These are actually women's boot camps or group exercise sessions held every Saturday morning. In these sessions, calisthenics and football exercises are combined. However, it is important to note that these are not advanced classes and participants will be able to choose their own pace. These are designed to provide a good atmosphere for fitness workouts with good music to encourage people to keep moving. The primary focus of this boot camp is to get people moving and allow them to maintain a

healthy heart. This boot camp is for ladies only, including those who are beginners. It offers a judge free safe space for participants. Participants are advised to make sure they arrive 10 to 15 minutes before the scheduled start time to make it easier for them to find a parking space.

Another important training class held at this private gym is a functional training class for Hustle Muscle Parkinson's class, with the goal of building strength, flexibility, range of motion and improving their quality of life. This class for patients with Parkinson's disease is held on Mondays, Wednesdays, and Fridays at 10:30 am. The workouts provided are designed to help build strength, range of motion, and flexibility. These can actually help improve the quality of the patients' lives because they can help in reducing the symptoms and having healthier and happier lives.

Strength Academy was established with the goal of offering a hands-on, face-to-face program for new fitness professionals and offer them some guidance on how they can pass the certification exam required to become a Certified Personal Trainer. The academic curriculum that they offer, when used in combination with practical application, provides the students with the required knowledge and skills for a personal trainer. Thus, the gym allows personal trainers and their clients to use the facilities, offering clients a better way to achieve fitness goals with the guidance and motivation provided by personal trainers.

Those who would like to know more about the Strength Academy Gym in Van Nuys in Los Angeles, CA, can check out their website, or contact them through the telephone or via email. They can be contacted 24 hours a day at any day of the week.

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For more information about Strength Academy Gym, contact the company here: Strength Academy Gym Natalia Lane 1-818-646-4990 Natalia.Lane@sacpt.org 6314 Sepulveda Blvd Suite B, Van Nuys, CA 91411, United States

Strength Academy Gym

We offer an awesome experience in the Van Nuys/Sherman Oaks area, and luckily you don't have to be a millionaire to enjoy the ultimate fitness facility in the area. Of course we're referring to the Strength Academy Gym and Recovery Club.

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