

## The B-Team - Bath

bath

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*bath*

## *The B-Team - Bath*

### **The B-Team Personal Training in Bath, Ontario: A Comprehensive Fitness Experience**

When it comes to personal training, **\*\*The B-Team\*\*** stands out in Bath, Ontario. With a focus on accessibility and a welcoming environment, this gym is designed for everyone, regardless of their fitness level.

#### **Accessibility and Amenities**

The B-Team is dedicated to creating an inclusive space. The facility features a **\*\*wheelchair-accessible car park\*\*** and a comfortable **\*\*toilet\*\*** facility, ensuring

all clients can navigate easily. Brenda, the lead trainer, fosters an atmosphere where everyone feels at ease, emphasizing that fitness is for everyone, regardless of age or physical ability.

### **Appointments Recommended for Optimal Results**

While walk-ins are welcome, **\*\*appointments are highly recommended\*\*** to ensure personalized attention and tailored workout plans. Brenda takes the time to understand each individual's needs, making workouts both attainable and sustainable. As one client noted, "Brenda approaches exercise in an easy to manage way," which speaks volumes about her coaching method.

### **Brenda's Expertise and Support**

Clients rave about Brenda's extensive knowledge in health and fitness. Her background includes experience in physiotherapy, allowing her to create programs suited for every age group. Whether clients seek to gain strength, improve flexibility, or simply maintain their health, Brenda customizes each session. One satisfied client remarked, "I feel like I am setting myself up on a path to enjoy exercise."

### **A Clean and Safe Environment**

Health and safety are paramount at The B-Team. Brenda ensures that her gym remains clean and well-equipped with high-quality amenities. As a client shared, "Brenda provides a safe, nonjudgmental, and positive environment to work out." This supportive atmosphere enables individuals to push their limits without fear of judgment.

### **Training with Purpose and Passion**

Brenda's infectious energy and compassion shine through every session. Clients appreciate her ability to motivate them while also keeping workouts enjoyable. Many testimonials highlight how she transforms fitness from a daunting task into something genuinely exciting. "I get so excited for the days that I get to spend an hour pushing myself because I know Brenda will support and guide me," said one enthusiastic participant.

### **Join The B-Team Today!**

If you're ready to embark on your fitness journey, consider joining The B-Team. Brenda's unique approach ensures that you'll not only achieve your goals but also enjoy the process. Remember, no matter where you start from, there is a place for you at The B-Team. Reach out today to schedule your consultation and discover the motivation that awaits!

### **We are located at**

127 Purdy Rd, K0H 1G0 Bath, Ontario - Canada (CA)

The contact phone of said **Personal trainer** is +1613-539-4852  
And if you want to send a WhatsApp, you can do so at +1613-539-4852

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

Day	Hours
Monday	8:30?AM–8:30?PM
Tuesday	8:30?AM–8:30?PM
Wednesday	8:30?AM–8:30?PM
Thursday	8:30?AM–8:30?PM
Friday	8:30?AM–8:30?PM
Saturday	8:30?AM–2:30?PM
Sunday	Closed

The website is The B-Team

In case you want to alter any data that you consider is not correct about this web, we urge you to send a message so we can we will correct it promptly.  
Thanks beforehand thank you very much.

## **Images**



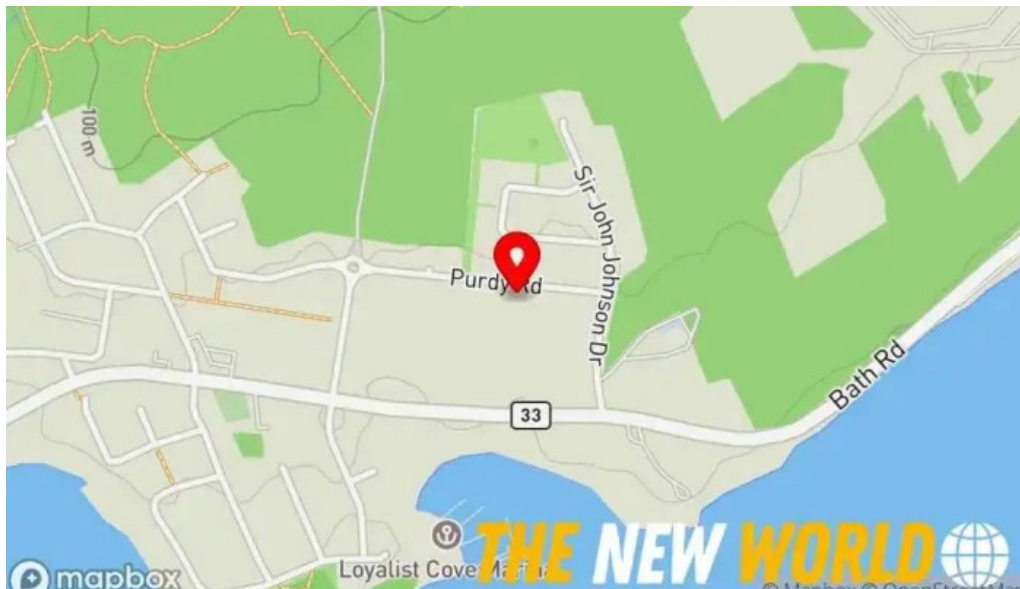
*The b team street view 360deg*



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## Tags

*Wheelchair-accessible car park, Toilet, Amenities, Planning, Accessibility, Appointments recommended*

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## Comments

Allison Cruz	10-05-25 05:27
<p><i>Joining The B-Team has been a fantastic decision in my journey to reach my fitness goals. From the moment I met Brenda, I felt completely at ease and welcomed, which is crucial for me as a senior. Despite the gym being on the smaller side, the variety and quality of equipment are top-notch. Brenda's positive attitude, belief in inclusive fitness, and philosophy that it's never too late to start a fitness program have empowered me to push myself and understand that age should not limit my strength training. I eagerly anticipate my sessions with Brenda as they leave me feeling physically and mentally rejuvenated, thanks to her infectious energy and motivation. She's a phenomenal trainer, and every session is filled with laughter and enjoyment. Knowing that she always prioritizes my health and safety brings me great peace of mind. I'm thrilled to be a part of The B-Team!</i></p>	

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beauty salon
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bottle & can redemption center
brewery
brewpub
building consultant
building inspector
building restoration service
bus charter
business administration service
business attorney
business banking service
business broker
business center
business development service



business management consultant
business networking company
business to business service
butcher shop
cabin rental agency
cafe
call center
campground
candy store
cannabis store
canoe & kayak rental service
car manufacturer
car rental agency
car repair and maintenance service
car wash
career guidance service
caterer
cell phone store
certified public accountant
chamber of commerce
charity
chartered accountant
chicken restaurant
chiropractor
chocolate shop
city government office
city or town hall
civil engineering company
cleaners
cleaning products supplier
clothing store
coaching center
coffee shop
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commercial real estate agency
community center
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computer repair service

computer security service
computer service
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computer store
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food broker
food processing company
food products supplier
forensic consultant
forestry service
freight forwarding service
furniture repair shop
furniture store
gas company
gas station
general contractor
general hospital
general practice attorney
geotechnical engineer
gift shop
glass industry
glass repair service
glazier
government
government office
graphic designer
greenhouse
grocery store

gym
hair salon
hardware store
health and beauty shop
health consultant
health counselor
health insurance agency
hearing aid store
heating contractor
heating equipment supplier
helicopter tour agency
higher education
holistic medicine practitioner
home goods store
home health care service
home inspector
hospital
hostel
hotel
house cleaning service
housing authority
housing complex
housing development
human resource consulting
hunting and fishing store
hvac contractor
hydraulic equipment supplier
image consultant
immigration & naturalization service
immigration attorney
income tax help association
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industrial engineer
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insurance broker
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jeweler
jewelry designer
jewelry store
kinesiologist
laboratory
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land surveying office
land surveyor
landscaper
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laundry service
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lawyer
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liquidator
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logging contractor
logistics service
machine maintenance service
machine shop
machinery parts manufacturer
machining manufacturer
mailing service
manufacturer
marina
marketing agency
marketing consultant
massage spa
massage therapist
mechanic

mechanical contractor
media consultant
mediation service
medical center
medical clinic
medical laboratory
medical spa
meditation instructor
mental health clinic
metal fabricator
metaphysical supply store
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mining consultant
mission
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physical therapist
physical therapy clinic
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public health department
public library
public relations firm
publisher
quantity surveyor
raft trip outfitter
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real estate attorney
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real estate developer
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recruiter

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ski resort
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slaughterhouse
sleep clinic
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software company
soil testing service

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spa
sporting goods store
sports complex
sports massage therapist
steak house
storage facility
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surveyor
tailor
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tattoo and piercing shop
tattoo shop
tax consultant
tax preparation
tax preparation service
taxi service
telecommunications
telecommunications contractor
telecommunications engineer
telecommunications service provider
television repair service
temp agency
thai restaurant
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tire shop
tool rental service
tour agency
tour operator
tourist attraction
tourist information center
towing service
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tutoring service
university
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