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## Julie Desgagné Kinésiologue - Roberval

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# Julie Desgagné Kinésiologue - Roberval

# Exploring the Physical Fitness Program by Julie Desgagné, Kinesiologist in Roberval, Quebec

If you are looking to enhance your physical well-being, the **Physical Fitness Program** led by Julie Desgagné, a qualified kinesiologist in Roberval, Quebec, is an excellent choice. This program caters to individuals of all ages and fitness levels, ensuring everyone can participate.

## **Accessibility for All**

One of the standout features of Julie's program is its commitment to **accessibility**. The facility has been designed with inclusivity in mind, making it a welcoming environment for everyone, including those with mobility challenges. Participants can find comfort in knowing that the program accommodates various needs.

#### Wheelchair-Accessible Car Park

For individuals who rely on wheelchairs or other mobility aids, convenient access is critical. Julie Desgagné's fitness program includes a **wheelchair-accessible car park**, allowing easy entry and exit for participants. This thoughtful addition highlights the program's dedication to ensuring that barriers to fitness are minimized.

### A Holistic Approach to Fitness

Beyond physical workouts, Julie's program emphasizes a holistic approach. It incorporates nutrition, mental health, and personalized training plans, making it a comprehensive solution for anyone looking to improve their overall health. Each participant receives tailored guidance, ensuring they achieve their fitness goals safely and effectively.

## Join the Community

By participating in Julie Desgagné's Physical Fitness Program, you become part of a supportive community. This network fosters motivation and encouragement, helping individuals stay committed to their fitness journeys. Embrace the opportunity to transform your health in an inclusive and friendly environment.

#### Conclusion

In summary, the Physical Fitness Program by Julie Desgagné in Roberval, Quebec, stands out for its focus on accessibility and inclusivity. From the wheelchair-accessible car park to the tailored fitness plans, every element is designed to support participants in achieving a healthier lifestyle. Don't miss the chance to be part of this enriching experience!

#### The premises are located at

1119 Ave Saint-Joseph #101, G8H 2M2 Roberval, Quebec - Canada (CA)

The contact phone of said Physical fitness program is +1418-275-2963

## You can visit us at the following hours:

Day Hours Monday 9?AM-8?PM Tuesday 9?AM-8?PM Wednesday 9?AM-8?PM Thursday 9?AM-7?PM Eriday 9?AM-4?PM Saturday Closed Sunday Closed

If you need to adjust any information that you think is not precise about this web, please forward a message so we can we will handle it at the earliest convenience. In advance thank you very much.

## **Images**



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Julie desgagne kinesiologue map



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## **Tags**

Accessibility, Wheelchair-accessible car park

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