

Empower Fitness Florida - Cape Coral

cape coral

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cape coral

Empower Fitness Florida - Cape Coral

Empower Fitness: A Premier Fitness Center in Cape Coral, Florida

Located in the vibrant community of Cape Coral, Empower Fitness stands out as a leading fitness center that prioritizes inclusivity and accessibility for all. Whether you're a fitness enthusiast or a beginner, this center offers a welcoming environment that caters to diverse needs.

Accessibility Features

Empower Fitness ensures that everyone can enjoy their facilities with **wheelchair-accessible entrances** and a **wheelchair-accessible car park**. These thoughtful designs allow ease of access for individuals with mobility challenges, making it a truly inclusive space.

Service Options

The fitness center boasts a variety of **service options** tailored to meet the needs of its members. From personal training sessions to group classes, Empower Fitness offers programs that focus on different fitness levels and interests. Each service is designed to help members achieve their personal fitness goals.

On-Site Services

Empower Fitness provides a range of **on-site services**, ensuring that all members have access to the resources they need. Facilities such as showers, locker rooms, and equipment rental enhance the overall experience, making workouts convenient and enjoyable.

Online Classes for Ultimate Flexibility

In today's fast-paced world, Empower Fitness recognizes the importance of flexibility in fitness routines. That's why they offer **online classes** that members can join from the comfort of their own homes. This option allows everyone, including those who may find it challenging to visit the gym in person, to participate in engaging workouts and stay active.

Conclusion

Empower Fitness in Cape Coral, Florida, is more than just a fitness center; it's a community focused on accessibility and support for every individual. With its comprehensive services, accessible features, and commitment to inclusion, it's an ideal place for anyone looking to improve their fitness journey.

You will find us at

1490 NE Pine Island Rd Unit 6A-B, 33909 Cape Coral, Florida - United States (US)

The phone number of said **Fitness center** is +1239-671-3291

And if you want to send a WhatsApp, you can do so at +1239-671-3291

Our public attention hours are:

Day Hours
Monday

5:30–10?AM

Tuesday

8?AM–12?PM

Wednesday

Closed

Thursday

5:30–10?AM

Friday

7?AM–12?PM

Saturday

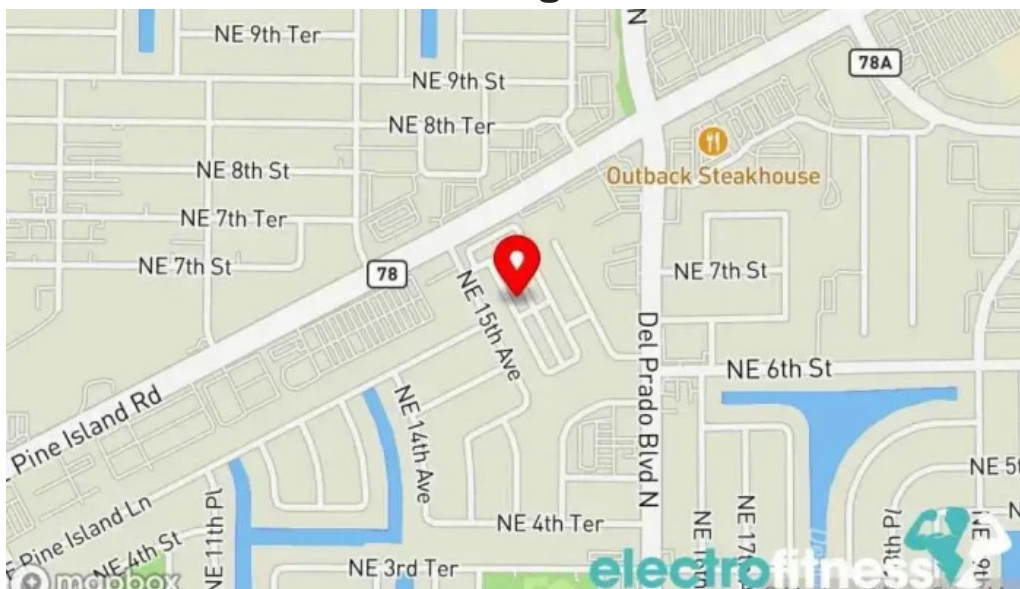
5:30–10?AM

Sunday

Closed

In case you want to change any data that you believe is not precise concerning this site, we kindly request forward a message so that we will fix it as soon as possible. With anticipation thanks.

Images



Empower fitness florida map



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Tags

Wheelchair-accessible entrance, On-site services, Online classes, Accessibility, Wheelchair-accessible car park, Service options

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basketball court
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body shaping class
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boxing gym
boxing ring
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children's party service

chiropractor
church
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coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
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firearms academy
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fitness equipment wholesaler
food producer
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gated community
golf club
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gymnasium school
gymnastics center
gymnastics club
hair salon
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health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
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 library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
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school
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sports nutrition store
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summer camp organizer
supermarket
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swimming school
taekwondo school
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wellness program
women's organization
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wrestling school
yoga instructor
yoga studio
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youth organization