


Fit & Lit 305 - Miami

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Fit & Lit 305 - Miami

Welcome to Fit & Lit 305: Your Ultimate Fitness Center in Miami, Florida

Fit & Lit 305 stands out as an exceptional fitness center designed for everyone, regardless of age or ability. With an array of amenities and a welcoming atmosphere, it caters to the diverse needs of the Miami community.

Family-Friendly Environment

At Fit & Lit 305, children are not just welcomed; they are celebrated. The fitness center is ****good for kids****, providing a safe space where families can work out together. Parents can enjoy their workouts while knowing that ****child**

care services** are readily available, ensuring peace of mind.

Accessibility for All

One of the standout features of Fit & Lit 305 is its commitment to accessibility. The facility includes a **wheelchair-accessible entrance** and **wheelchair-accessible car park**, making it convenient for everyone. This dedication extends to the **toilet facilities**, ensuring that all members have access to clean and suitable restrooms.

Inclusive Atmosphere

Fit & Lit 305 has fostered a **positive atmosphere** that resonates with all its members. The inspiration comes from the passionate team, particularly the two sisters behind the center, who motivate everyone to reach their fitness goals. The center is proudly a **transgender safe space** and **LGBTQ+ friendly**, promoting inclusivity for all visitors.

A Variety of Amenities

The fitness center boasts numerous **amenities** to enhance your experience. Members can take advantage of a **free parking lot**, making access easy and hassle-free. Additional **on-site services** such as showers allow you to refresh after an invigorating workout.

Join the Crowd

Whether you're joining a Zumba class—**my new Zumba spot!**—or enjoying a healthy snack from their food options, Fit & Lit 305 has something for everyone. The crowd here is vibrant and supportive, enhancing the overall workout experience.

Conclusion

If you're looking for a fitness center that prioritizes accessibility, family-friendly services, and a positive, inclusive atmosphere, Fit & Lit 305 is the place to be. Join this thriving community today and embark on your fitness journey in a welcoming environment!

You can find us at

1726 NW 36th St suit 17, 33142 Miami, Florida - United States (US)

The contact phone of the mentioned **Fitness center** is +1786-604-4787
And if you want to send a WhatsApp, you can do so at +1786-604-4787

We are open during the following hours:

Day Hours
Monday
8?AM-9?PM
Tuesday
8?AM-2?PM
Wednesday
Closed
Thursday
8?AM-9?PM
Friday
8?AM-9?PM
Saturday
8?AM-9?PM
Sunday
8?AM-9?PM

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Images



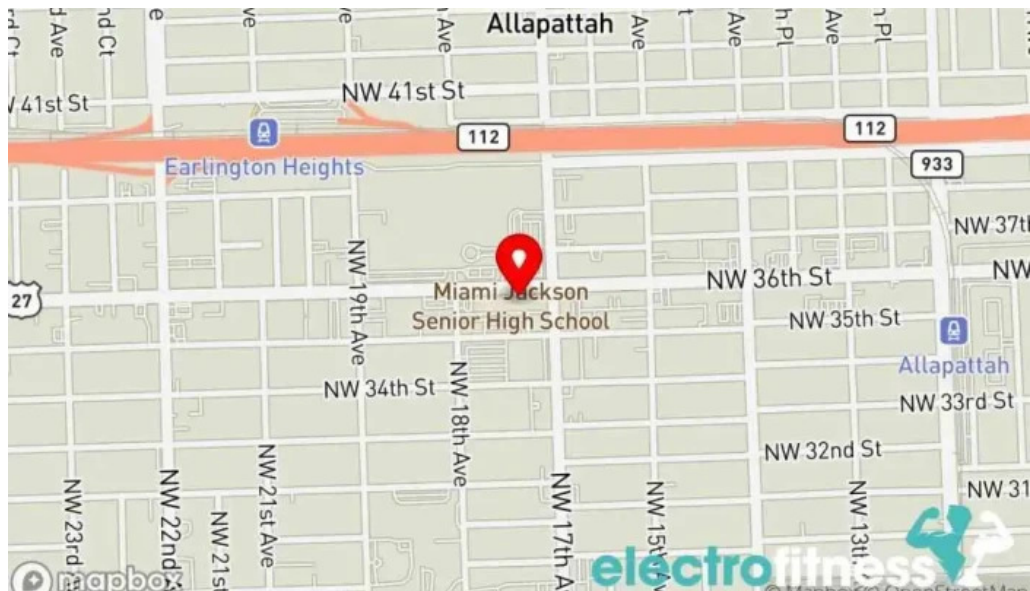
Fit lit 305 street view 360deg



Fit lit 305 number



Fit lit 305 miami



Fit lit 305 map



Fit lit 305 fitness center



Fit lit 305 by owner



Fit lit 305 all

Tags

Good for kids, Atmosphere, Children, Service options, Amenities, Child care, Wheelchair-accessible car park, On-site services, LGBTQ+ friendly, Shower, Wheelchair-accessible entrance, Toilet, Crowd, Parking, Accessibility, Free parking lot, Transgender safe space

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convenience store
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