

## East Orlando Gym and Wellness Center - Orlando

orlando

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## *East Orlando Gym and Wellness Center - Orlando*

### **Welcome to East Orlando Gym and Wellness Center**

East Orlando Gym and Wellness Center is quickly becoming a favorite destination for fitness enthusiasts in Orlando, Florida. Recently remodeled and equipped with new machines, this gym provides an ideal environment for those looking to improve their health and wellness.

### **Amenities That Enhance Your Experience**

The gym offers a wide variety of **\*\*on-site services\*\*** including group classes,

personal training, and specialized programs for all age groups. Members have praised the **\*\*cleanliness\*\*** and quality of the equipment, ensuring a comfortable and enjoyable workout experience.

### **Accessibility for Everyone**

Accessibility is a key feature at East Orlando Gym. The facility includes a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***, making it convenient for everyone to join the fitness journey. This commitment to inclusivity ensures that all members can easily access the amenities they need.

### **Planning Your Workout**

Planning is crucial for an effective fitness regime. The gym provides a welcoming atmosphere where no one feels judged. As noted by many members, the laid-back vibe allows individuals to focus on their fitness goals without feeling pressured.

### **Flexible Service Options**

While you can sign up for a membership online, it's important to note that **\*\*membership cancellation\*\*** requires in-person attendance. Some members have expressed frustration about this policy, wishing for a more flexible option. However, the positive experiences shared by many highlight the community aspect of the gym, making it worth considering.

### **Great Classes and Supportive Staff**

The instructors at East Orlando Gym have received glowing reviews for their ability to engage and motivate members. From Zumba to cycling classes, there's something for everyone. "Ana's classes are by far the BEST EVER," said one member, showcasing the high caliber of instruction provided.

### **Get Involved in the Community**

One of the standout features of East Orlando Gym is its sense of community. Many members describe the staff as family, emphasizing the friendly and supportive environment. This personalized approach helps create a unique fitness culture that distinguishes it from larger commercial gyms.

### **Join Today!**

If you are seeking a fitness center that values community, accessibility, and quality instruction, look no further than East Orlando Gym and Wellness Center. With state-of-the-art equipment and an incredible variety of classes, it's the perfect spot to achieve your fitness goals while enjoying every step of the journey. Come experience the positive vibes and welcoming atmosphere for yourself!

**The business is situated at**

12001 Avalon Lake Dr Suite M-P, 32828 Orlando, Florida - United States (US)

The phone of said **Fitness center** is +1407-988-3884

And if you want to send a WhatsApp, you can do so at +1407-988-3884

## **Our opening hours are:**

Day	Hours
Monday	6?AM–9?PM
Tuesday	6?AM–9?PM
Wednesday	6?AM–9?PM
Thursday	6?AM–9?PM
Friday	6?AM–9?PM
Saturday	6?AM–5?PM
Sunday	6?AM–5?PM

The website is East Orlando Gym and Wellness Center

If you need to alter any detail that you consider is not accurate about this page, we urge you to forward a message so we can we will handle it at the earliest convenience. Thanks beforehand thanks for your cooperation.

## **Images**



*East orlando gym and wellness center videos*

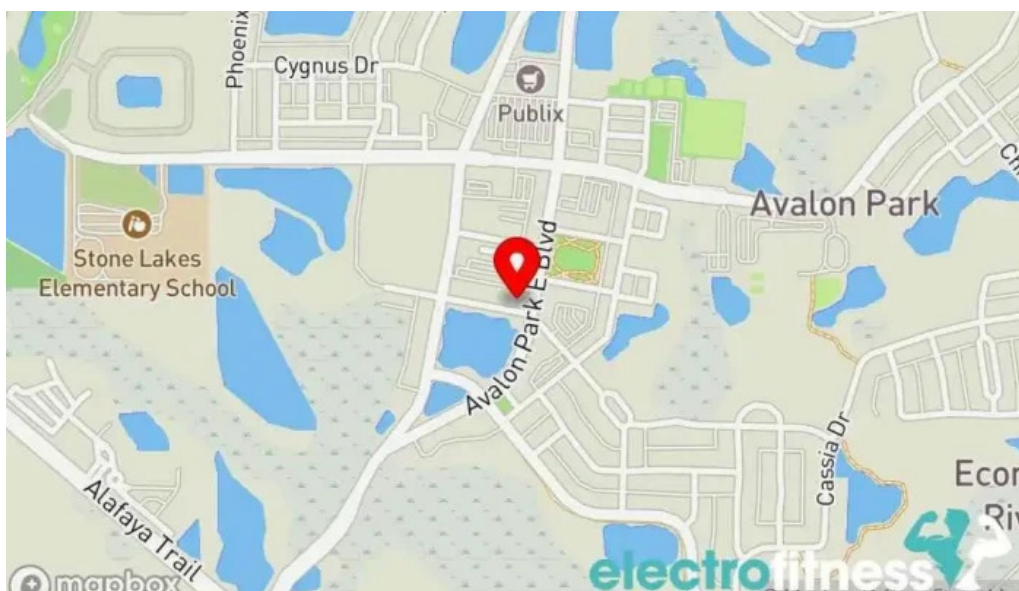


*East orlando gym and wellness center street view 360deg*





*East orlando gym and wellness center orlando*



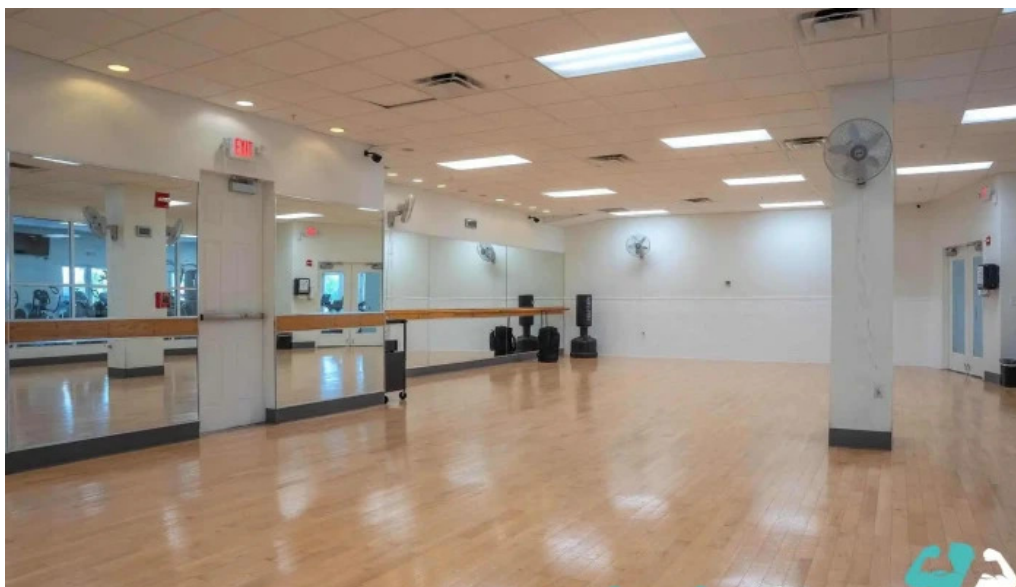
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## Tags

*Amenities, Service options, Wi-Fi, On-site services, Accessibility, Membership required, Wheelchair-accessible car park, Wheelchair-accessible entrance, Planning*

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**4.3 \*** *Monster Maker East - Waldorf*



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<b>5.0 *</b>	<i>Verdant CrossFit East - Boise</i>
<b>3.0 *</b>	<i>East Waldorf Jazzercise Fitness Center - Waldorf</i>
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basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor



country club
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cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
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hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club

martial arts school
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massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic

sports nutrition store
sports school
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