

Iron Bodyfit Waterford Lakes - Orlando

orlando

☐ I'm not a robot



RECAPTCHA

Published on: 04/05/25	Hits: 913
Comments: 0	See comments
Votes: 83	Score: 4.9

https://www.electrofitness.com/fitness-center/orlando/iron-bodyfit-waterford-lakes-orlando_269223.ph

p



orlando

Iron Bodyfit Waterford Lakes - Orlando

Discover Iron Bodyfit Waterford Lakes: Your Ultimate Fitness Center in Orlando, Florida

Located in the heart of Orlando, Florida, **Iron Bodyfit Waterford Lakes** is revolutionizing the fitness experience. With a focus on both convenience and effectiveness, this gym caters to individuals looking to enhance their health without the traditional gym hassle.

Accessibility and On-Site Services

Iron Bodyfit provides a **wheelchair-accessible entrance** and a dedicated **wheelchair-accessible car park**, ensuring that everyone has access to their facilities. This commitment to accessibility allows all individuals, regardless of their physical abilities, to benefit from their innovative fitness programs.

A Unique Workout Experience

One of the standout features of Iron Bodyfit is the requirement for an **appointment** to tailor your experience. During these personalized sessions, you can enjoy **on-site services** led by professional trainers who are both supportive and knowledgeable. The staff, including exceptional trainers like Reggie and Christina, make every workout engaging and motivating.

Innovative Workouts in a Short Time

Iron Bodyfit offers **online classes** and full-body workouts that take just 25 minutes, allowing busy individuals to maximize their fitness gains without sacrificing precious time. These workouts utilize Muscle Stimulation Technology, providing an effective alternative to conventional gym routines. Many clients report feeling the impact after just one session, with workouts designed to target all muscle groups efficiently.

Outstanding Amenities

Members benefit from top-notch **amenities** including a clean and sanitized facility equipped with the latest technology. A refreshing **swimming pool** is also available for those who wish to complement their workouts with some aqua exercise. Additionally, the gym offers **Wi-Fi** to keep you connected while you sweat it out!

Membership Requirements

While **membership is required** at Iron Bodyfit, the value received is well worth it. Newcomers can opt for a free trial to experience the innovative workouts firsthand, making it a low-risk opportunity to assess if it fits into their fitness regime.

Why Choose Iron Bodyfit?

Clients have shared glowing testimonials about their experiences at Iron Bodyfit. Many highlight the professional and friendly nature of the staff, as well as the effectiveness of the training. Whether you're looking to build muscle, lose weight, or simply improve your overall health, Iron Bodyfit provides a supportive environment to meet your goals. As one member said, "I've lost close to 6 inches in 3 sessions doing nothing else but this," showcasing the transformative results this facility can offer. In conclusion, if you are in Orlando and seeking a fitness center that combines accessibility, efficiency, and a supportive community, look no further than Iron Bodyfit Waterford Lakes. Book your appointment today and embark on your journey toward better health!

Our business is at

829 Woodbury Road suite 101, 32828 Orlando, Florida - United States (US)

The phone number of this **Fitness center** is +1407-280-4591

And if you want to send a WhatsApp, you can do so at +1407-280-4591

Our opening hours are:

Day Hours
Monday

9?AM–7?PM

Tuesday

8?AM–7?PM

Wednesday

9?AM–7?PM

Thursday

8?AM–7?PM

Friday

8?AM–6?PM

Saturday

8?AM–12?PM

Sunday

Closed

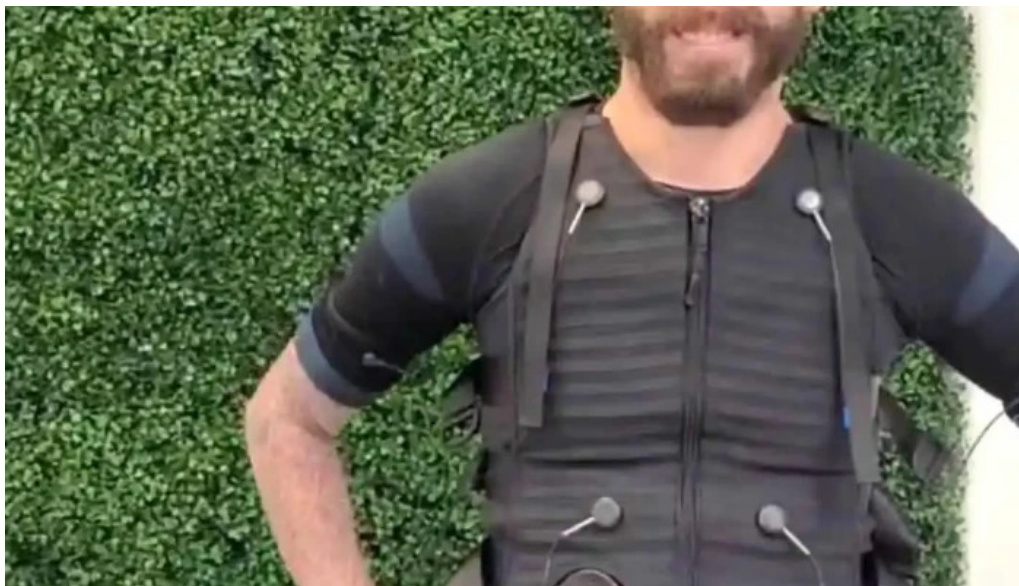
The website is Iron Bodyfit Waterford Lakes

If necessary to alter any detail that you consider is not precise about this web, please forward a message so we can we will handle it quickly. With anticipation we appreciate it.

Images



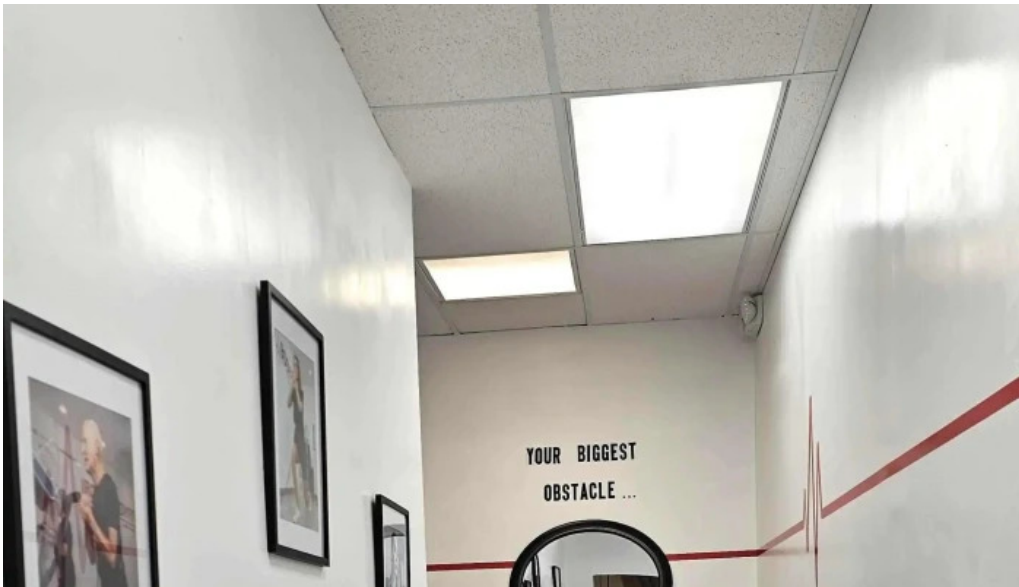
Iron bodyfit waterford lakes where



Iron bodyfit waterford lakes videos



Iron bodyfit waterford lakes street view 360deg



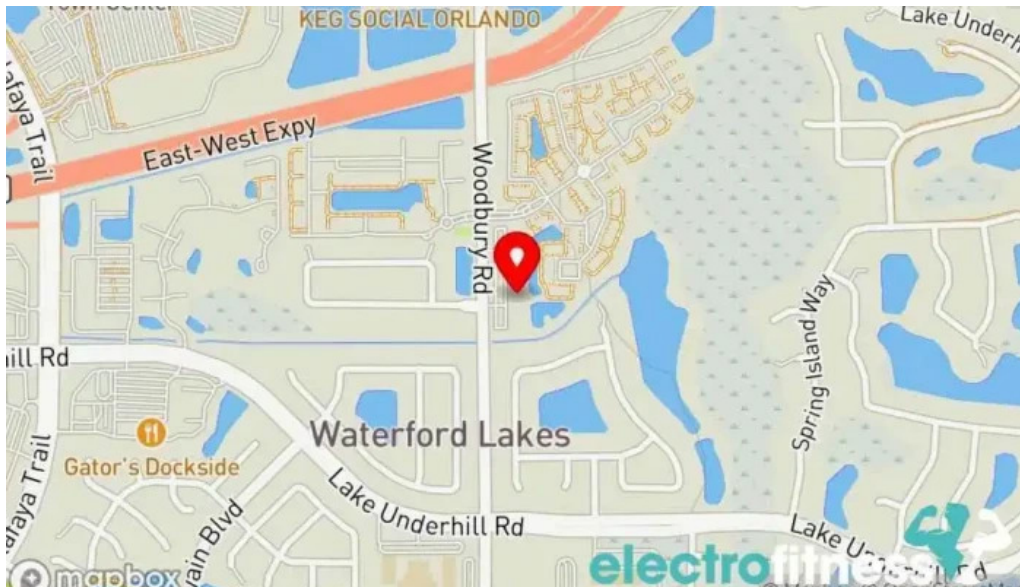
Iron bodyfit waterford lakes reviews



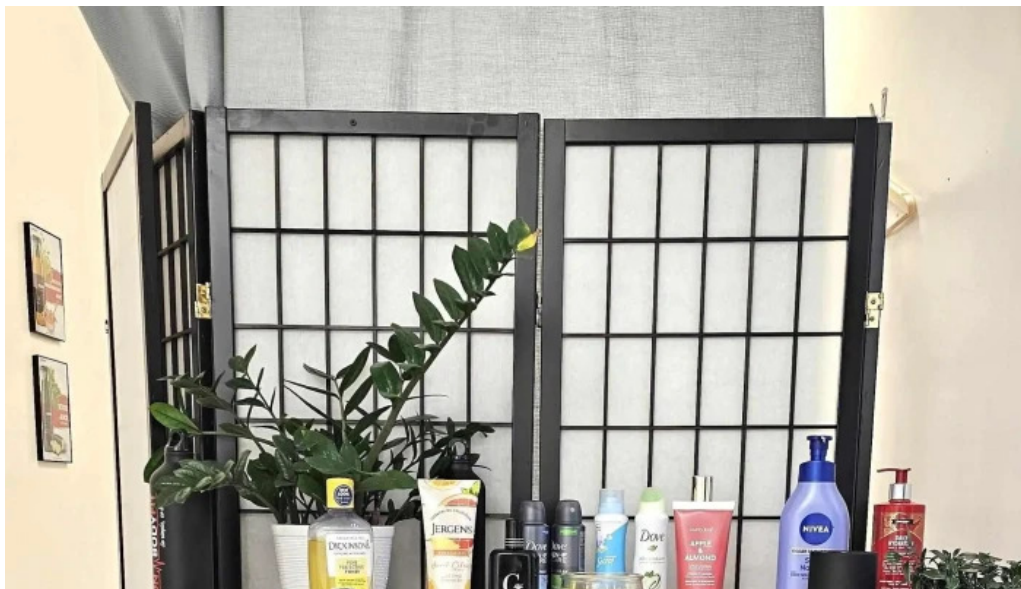
Iron bodyfit waterford lakes phone



Iron bodyfit waterford lakes orlando



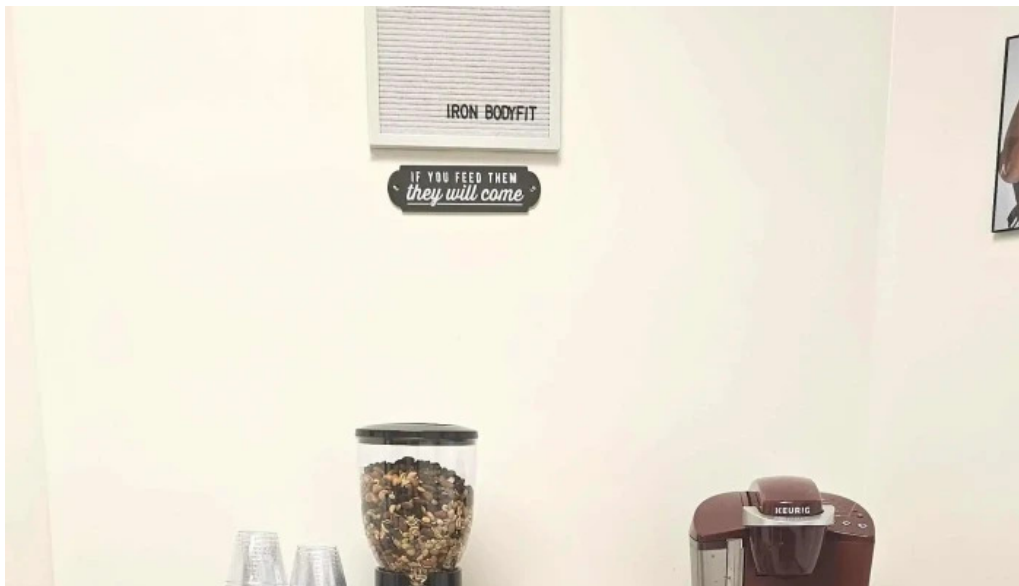
Iron bodyfit waterford lakes map



Iron bodyfit waterford lakes how to get there



Iron bodyfit waterford lakes gym



Iron bodyfit waterford lakes fitness center



Iron bodyfit waterford lakes by owner



Iron bodyfit waterford lakes area



Iron bodyfit waterford lakes all



Iron bodyfit waterford lakes address

Tags

Online classes, Appointment required, Amenities, On-site services, Planning, Wheelchair-accessible car park, Membership required, Wi-Fi, Swimming pool, Accessibility, Service options, Wheelchair-accessible entrance

Related content

4.5 * *Midwest Iron - Quincy*

5.0 * *Iron Legacy Barbell - Garden City*

5.0 * *Iron Body Fitness - Meridian*

5.0 *	<i>Urban Iron - Hesperia</i>
4.7 *	<i>The Iron House - Alamo</i>
4.9 *	<i>Iron Rails Training Facility - Merrillville</i>
4.6 *	<i>Iron Horse Fitness and Sports Performance - Danville</i>
5.0 *	<i>Iron 24 Fitness + Recovery - Greencastle</i>
5.0 *	<i>Koda CrossFit Iron View - Louisville</i>
4.9 *	<i>Boise Iron Gym - Boise</i>

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
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
coworking space
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
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist

kinesiotherapist
martial arts club
martial arts school
massage spa
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
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization