

The Hiit Fitness Studio - Orlando

orlando

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orlando

The Hiit Fitness Studio - Orlando

The HIIT Fitness Studio: Transforming Lives in Orlando, Florida

The HIIT Fitness Studio is not just a gym; it's a community dedicated to helping individuals achieve their fitness goals. With its **wheelchair-accessible entrance** and **wheelchair-accessible car park**, this studio makes fitness accessible to everyone, ensuring that no one is left behind in their journey to health and wellness.

From the Business: Tailored Workouts for Everyone

At The HIIT Fitness Studio, **membership is required** to engage in the high-energy sessions led by experienced trainers like Coach Lorenzo. His approach is not only about physical workouts but also about fostering a supportive environment where each member feels valued. Clients rave about the transformative power of the workouts, expressing excitement about the results they achieve.

Highlights of the HIIT Fitness Studio

Active military discounts available for those serving our country. Workouts are designed to cater to all fitness levels, making it **good for kids** and families. A vibrant community atmosphere, often described as a family-like environment. Workout plans that are frequently updated to maintain interest and challenge participants. Individualized attention to accommodate personal needs and fitness levels.

A Community That Cares

One of the significant aspects of The HIIT Fitness Studio is its identity as a **Black-owned** business. This adds a layer of cultural pride and community support that resonates with many members. The atmosphere is described as inviting, with members feeling empowered and encouraged to push beyond their limits.

Planning Your Visit

When planning your visit to The HIIT Fitness Studio, keep in mind the welcoming and motivating environment that awaits you. Many members express how Coach Lorenzo pushes them to achieve their potential while making each workout enjoyable. The community is supportive, and new members quickly feel at home.

Join the Fit Family Today!

If you're looking for a challenging yet rewarding workout experience, The HIIT Fitness Studio is the place to be. With a focus on results and community, you can expect to see changes in both your physique and your overall well-being. Don't hesitate—come and discover why so many people have transformed their lives at this extraordinary fitness center! Your first class is free, so there's nothing stopping you from finding your new fit family. For more information, visit The HIIT Fitness Studio today, and take the first step towards your fitness journey!

You can find us in

5722 Young Pine Rd #150, 32829 Orlando, Florida - United States (US)

The phone of said **Fitness center** is +1407-269-4727

And if you want to send a WhatsApp, you can do so at +1407-269-4727

Our business hours are:

Day Hours

Monday

5:15–10:15?AM 4:30–7:30?PM

Tuesday

5:15–10:15?AM 4:30–7:30?PM

Wednesday

5:15–10:15?AM 4:30–7:30?PM

Thursday

5:15–10:15?AM 4:30–7:30?PM

Friday

5:15–10:15?AM 4:30–7:30?PM

Saturday

7:15–10?AM

Sunday

Closed

The website is The HIIT Fitness Studio

If you need to modify any information that you feel is incorrect regarding this site, we kindly request send us a message so we can we will handle it promptly. With anticipation thank you very much.

Images



The hiit fitness studio videos



The hiit fitness studio score



The hiit fitness studio reviews



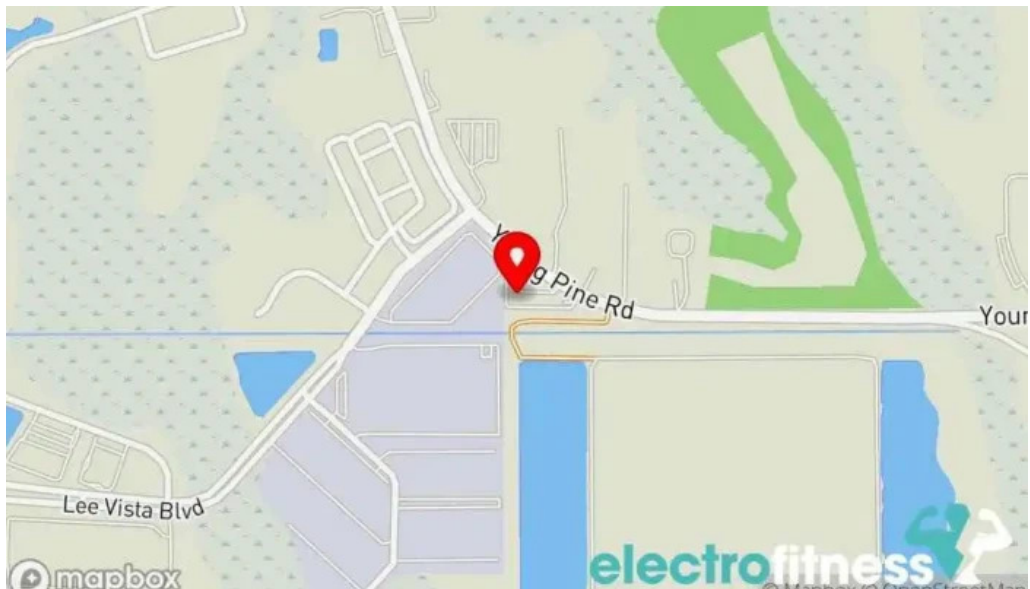
The hiit fitness studio promotion



The hiit fitness studio photos



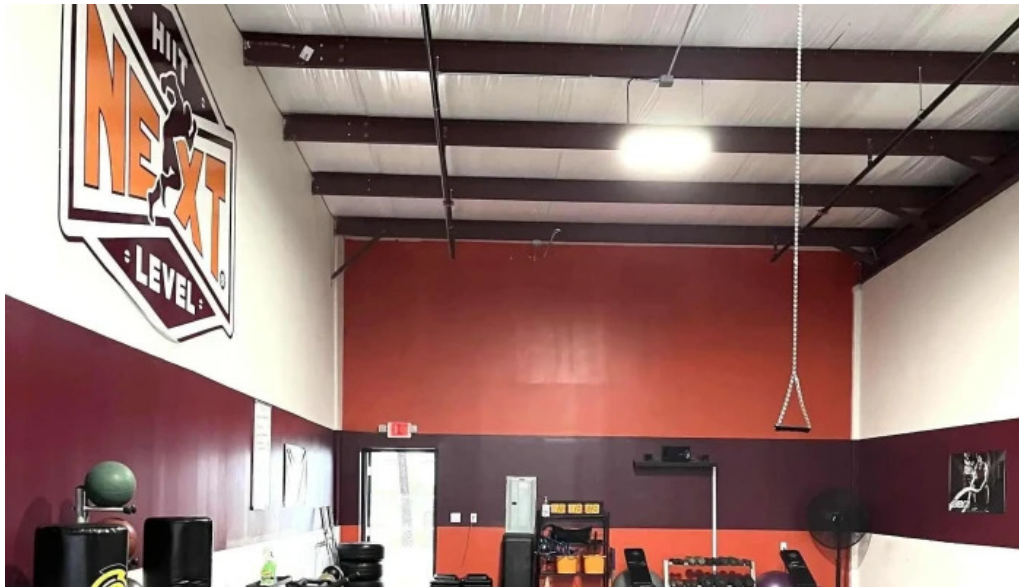
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The hiit fitness studio map



The hiit fitness studio instagram



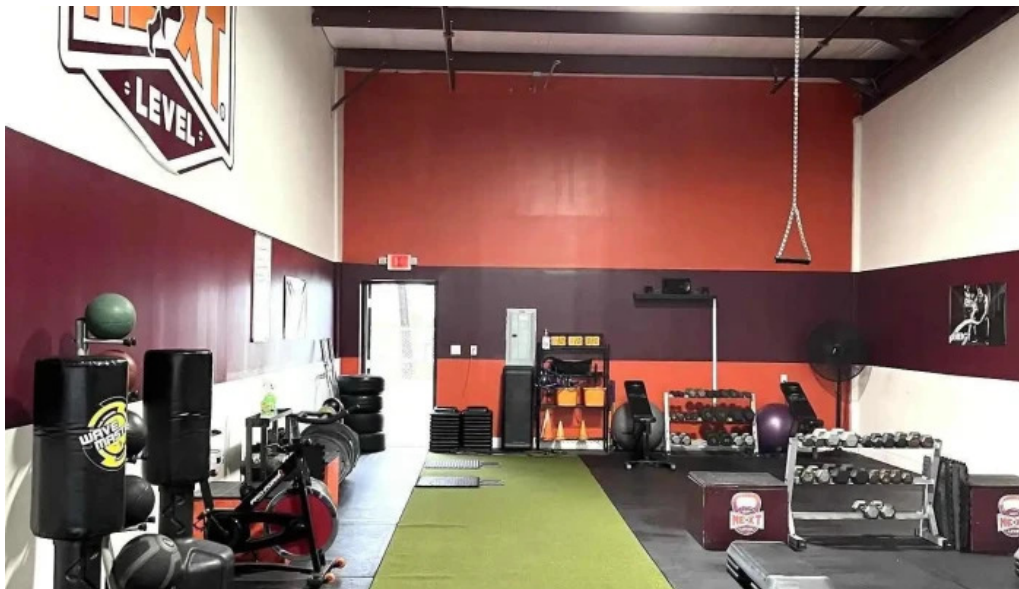
The hiit fitness studio how to get there



The hiit fitness studio gym



The hiit fitness studio fitness center



The hiit fitness studio all

Tags

Membership required, Active military discounts, Wheelchair-accessible car park, Highlights, Identifies as Black-owned, Children, Good for kids, Wheelchair-accessible entrance, From the business, Planning, Accessibility

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day spa
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dollar store
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facial spa
firearms academy
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fitness center
fitness equipment wholesaler
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grocery store
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rock climbing gym
rv park
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self defense school
senior citizen center
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spa
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