

Flomotion Fitness - Alachua

alachua

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Welcome to Flomotion Fitness: A Gem in Alachua, Florida

Flomotion Fitness is not just a gym; it's a community where individuals come together to achieve their fitness goals. Located in Alachua, Florida, this gym offers an inviting atmosphere for everyone, ensuring that ****accessibility**** is at the forefront of its mission.

Accessibility Features

One of the standout aspects of Flomotion Fitness is its ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****. This commitment to

accessibility makes it an inclusive environment for all members of the community. Whether you're wheelchair-bound or simply looking for a friendly workout space, you'll find everything you need right here.

A Community-Oriented Environment

Members consistently praise the welcoming environment fostered by owner and trainer, Florine Bush. Many have shared their experiences about how Flo personally introduces newcomers to the community, helping them feel right at home. "This is the most welcoming gym I have ever been to," one patron noted. The group workouts are designed to be both fun and challenging, making it easy for individuals of all fitness levels to participate.

Transformative Results

Flomotion Fitness is known for its impactful training results. One satisfied member shared, "I love Flo and Flomotion Fitness, have lost 10lbs and my A1C went from 8.2 to 6.8." Such testimonials highlight the effectiveness of the programs offered, emphasizing not only physical transformation but also improvements in health markers. With expert guidance, clients have the potential to reduce or even eliminate medications while embracing a healthier lifestyle.

Engaging Workouts for All Levels

Whether you're new to fitness or a seasoned athlete, Flomotion Fitness has something to offer. Members rave about the modern and varied workouts, noting that classes are always fresh and engaging. From group fitness classes to personal training sessions focused on "form and function over load," everyone can find a program that suits their needs.

Professional Staff Committed to Your Success

The team at Flomotion Fitness prides itself on professionalism and expertise, with trainers who are dedicated to helping clients reach their individual goals. Feedback from patrons highlights the knowledge and commitment of the staff, stating, "The trainer is extremely knowledgeable and committed to all of her clients."

Your New Fitness Home Awaits

In conclusion, Flomotion Fitness is more than just a gym; it's a place where friendships are formed, goals are achieved, and a healthier lifestyle is embraced. With its accessible features, engaging workouts, and a professional staff dedicated to your success, it is undoubtedly the best small-town garage gym you'll ever find. If you're in Alachua, Florida, and looking for a supportive fitness community, look no further than Flomotion Fitness. Highly recommended by all who have experienced it!

The address of our establishment is

15315 NW US Hwy 441, 32615 Alachua, Florida - United States (US)

The phone of the mentioned **Gym** is +1352-222-7078

And if you want to send a WhatsApp, you can do so at +1352-222-7078

We look forward to seeing you at:

Day	Hours
Monday	8–9?AM
Tuesday	Closed
Wednesday	5:30?AM–7?PM
Thursday	5:30?AM–7?PM
Friday	5:30?AM–7?PM
Saturday	5:30?AM–7?PM
Sunday	5:30?AM–12?PM

The website is Flomotion Fitness

If you require to update any data that you think is not accurate regarding this portal, we urge you to send us a message so we can we will fix it as soon as possible. Thanks beforehand we appreciate it.

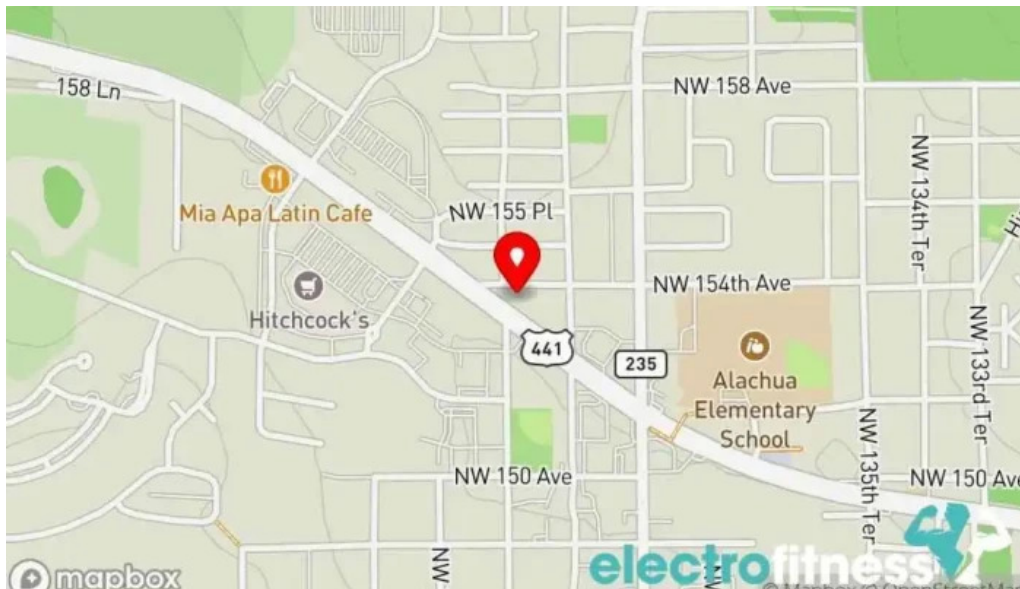
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Tags

Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance

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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
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sports club
sports complex
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