

## F45 Training Downtown Boise - Boise

boise

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boise

### *F45 Training Downtown Boise - Boise*

#### **F45 Training Downtown Boise: A Fantastic Fitness Experience**

F45 Training Downtown Boise offers a unique fitness environment that prioritizes accessibility for all, including those who require accommodations such as a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. The gym's commitment to inclusivity ensures everyone can participate in their transformative workout programs.

#### **A Welcoming Atmosphere**

Many attendees rave about the friendly and supportive coaches at F45. From

the moment you step in, you are greeted with enthusiasm, making it easy for newcomers to feel part of the community. One member shared, "I have never felt judged or ignored," highlighting the non-intimidating environment that encourages individuals to push their limits at their own pace.

### **The Power of Group Workouts**

The group-based high-intensity interval training (HIIT) sessions at F45 focus on functional movements, blending cardio and strength training. Attendees appreciate not having to plan their workouts—they simply show up, follow the coaches' instructions, and give their best effort. As one member noted, "I love that I don't have to come up with what I'm going to do at the gym, and always leave feeling stronger than before."

### **Dynamic and Versatile Workouts**

With workout routines changing every four weeks, F45 ensures that no two sessions are identical. This variation eliminates monotony and keeps participants engaged. Members enjoy the equipped facility featuring rowing machines, kettlebells, dumbbells, and more, allowing for a diverse range of exercises that cater to all fitness levels.

### **Community Support and Accountability**

The sense of community at F45 is unmatched. Many members mention the accountability partners they find during their sessions, emphasizing how the supportive environment motivates them to attend consistently. As one enthusiastic member stated, "I LOVE it and our 5AM Crew! I highly recommend joining our community."

### **Accessible Fitness for Everyone**

F45 Training Downtown Boise is dedicated to creating an inclusive space for all individuals. With features like a **wheelchair-accessible entrance** and **wheelchair-accessible car park**, they ensure that everyone has the opportunity to improve their functional strength and overall fitness levels. Many members have reported positive transformations, both physically and mentally, thanks to the supportive atmosphere and tailored coaching.

### **Join the F45 Family Today!**

If you're looking for a dynamic, supportive, and accessible gym experience in Boise, look no further than F45 Training Downtown Boise. With a variety of classes, expert coaching, and a welcoming community, you can embark on your fitness journey confidently. Sign up now and discover how this fantastic fitness facility can change your life!

### **The premises are located at**

*202 E Myrtle St, 83702 Boise, Idaho - United States (US)*

The phone of the respective **Gym** is +1208-450-5790

And if you want to send a WhatsApp, you can do so at +1208-450-5790

## **We are open during the following hours:**

Day Hours

Monday

*4:30?AM–6:30?PM*

Tuesday

*4:30?AM–6:30?PM*

Wednesday

*4:30?AM–6:30?PM*

Thursday

*4:30?AM–6:30?PM*

Friday

*4:30?AM–5:30?PM*

Saturday

*8?AM–12?PM*

Sunday

*8–10:30?AM*

The website is F45 Training Downtown Boise

In case you want to change any data that you think is not accurate concerning this page, we kindly request deliver a message so we can we will correct it quickly. In advance thank you very much.

## **Images**



*F45 training downtown boise website*

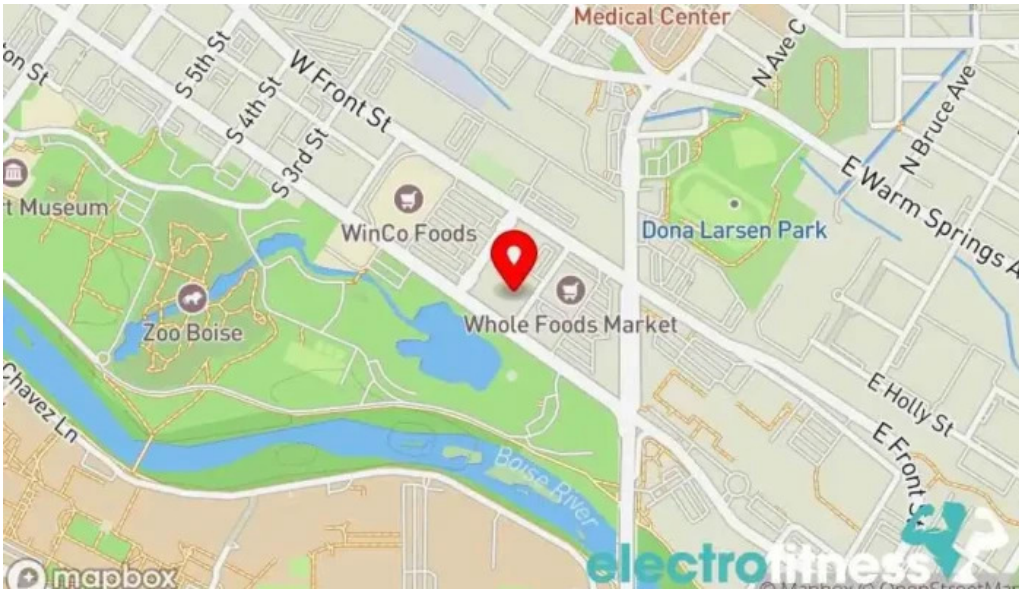


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## Tags

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

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**4.7 \*** *Isi Elite Training - Walnut Creek, Ca - Walnut Creek*

**5.0 \*** *Alloy Personal Training Rossmoor - Walnut Creek*

**5.0 \*** *C2 Training & Bodywork - Concord*

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convenience store
country club
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dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
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
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martial arts school
massage therapist
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non-profit organization
nutritionist
park
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physical fitness program
physical therapy clinic
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private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
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swimming instructor
swimming school
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weightlifting area
wellness center
wellness program
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