

Bünda Coral Gables - Coral Gables

coral gables

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coral gables

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Discover BÜNDA Coral Gables: A Unique Fitness Experience in Florida

If you're searching for a fitness studio that caters to women and provides a supportive environment, look no further than ****BÜNDA Coral Gables****. Located in the beautiful Coral Gables, Florida, this gym has been transforming lives through its innovative workout programs and exceptional community atmosphere.

Accessibility Features

One of the standout features of BÜNDA Coral Gables is its

****wheelchair-accessible car park**** and ****wheelchair-accessible entrance****. This makes it easier for everyone to join in on the fitness journey, ensuring that all members feel included and welcomed. Accessibility is not just a feature; it's a commitment to creating an inclusive environment for everyone.

A Focus on Community and Support

At BÜNDA, you'll find a ****women-centric studio**** where support and encouragement are at the forefront. As members share their experiences, it's clear that the ****amenities**** provided contribute to a welcoming environment. Many have commented on how clean and well-managed the facility is, creating a space where everyone can feel comfortable working out. The dedicated trainers at BÜNDA are not only certified but also incredibly supportive. They motivate members to push themselves while ensuring proper form to maximize results. This personalized attention fosters a sense of community, inspiring members to uplift each other as they work towards their fitness goals.

State-of-the-Art Facilities

BÜNDA Coral Gables is equipped with modern amenities including ****Wi-Fi**** throughout the studio. Members often express appreciation for the combination of stair machines and weights, which offers a comprehensive full-body workout. The studio's diverse classes focus on glutes and legs, providing a unique challenge without the stress that traditional cardio can impose.

Great Parking Options

Another noteworthy aspect is the convenient parking solutions available. Members benefit from validated parking, making it easy for them to focus on their workouts rather than worrying about parking fees. Additionally, early morning visitors can take advantage of ****free street parking**** until 9 AM, further enhancing accessibility.

Transformational Workouts

From personal testimonies, it's evident that BÜNDA Coral Gables has made a significant impact on many women's fitness journeys. For example, one member shared her experience of fitting into her pre-pregnancy clothes after consistently attending classes. Many have noted that the workouts are challenging yet enjoyable, thanks to the engaging instructors who foster a motivating environment.

Join the BÜNDA Community!

For anyone in the Coral Gables area looking for an effective and empowering workout experience, BÜNDA Coral Gables is the place to be. With its focus on women's health, outstanding amenities, and dedicated trainers, it's more than just a gym—it's a vibrant community that supports your health and fitness journey every step of the way. Don't miss out on the opportunity to transform

your life while connecting with like-minded individuals. Join today and experience the difference!

Our premises are located at

25 Merrick Way, 33134 Coral Gables, Florida - United States (US)

The phone number of this **Gym** is +1305-200-3117

And if you want to send a WhatsApp, you can do so at +1305-200-3117

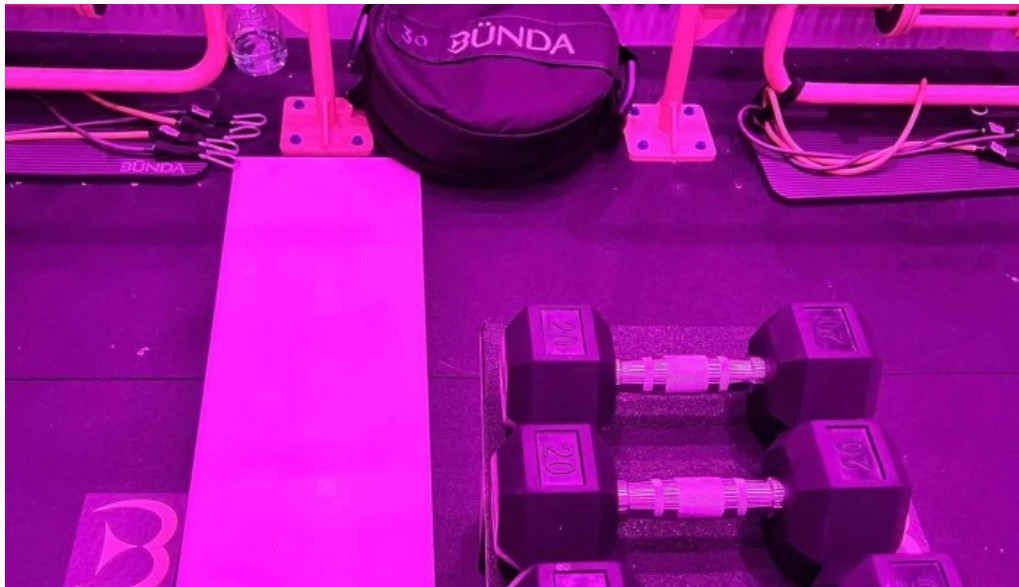
Our service hours are:

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Monday
6?AM–7?PM
Tuesday
8?AM–2?PM
Wednesday
8:30?AM–1?PM
Thursday
6?AM–8?PM
Friday
6?AM–8?PM
Saturday
6?AM–8?PM
Sunday
6?AM–8?PM

The website is BÜNDA Coral Gables

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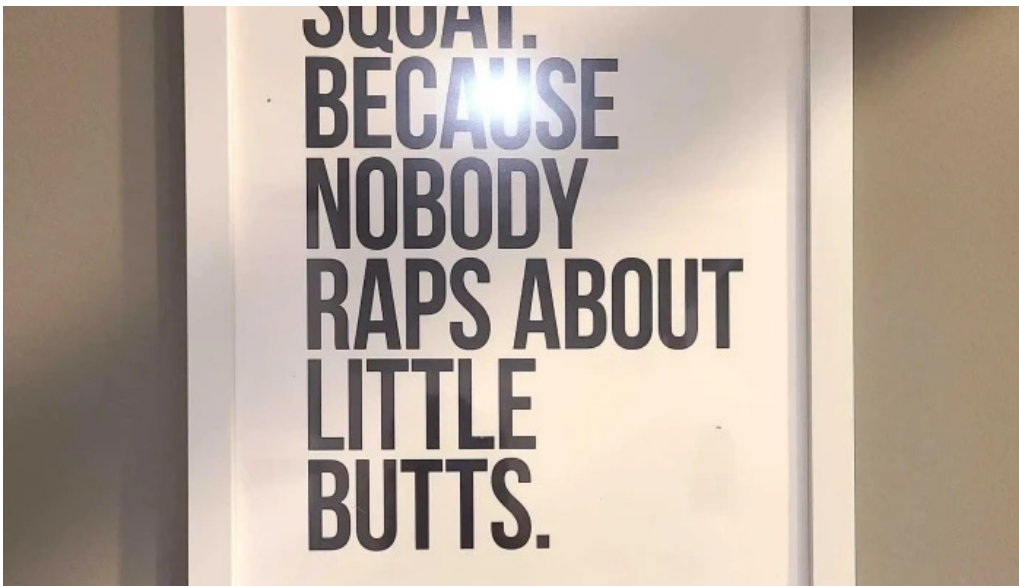
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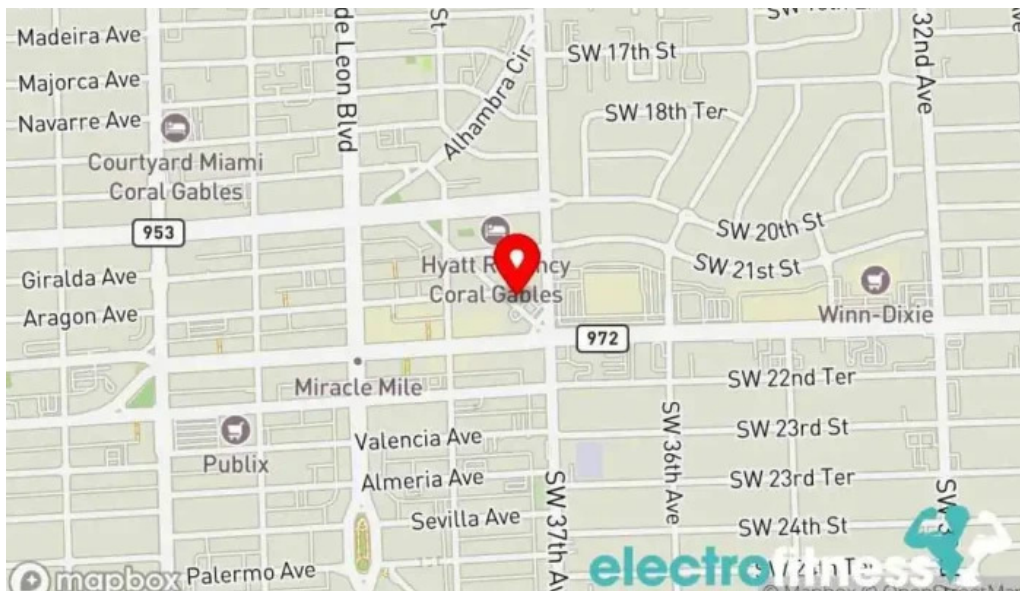
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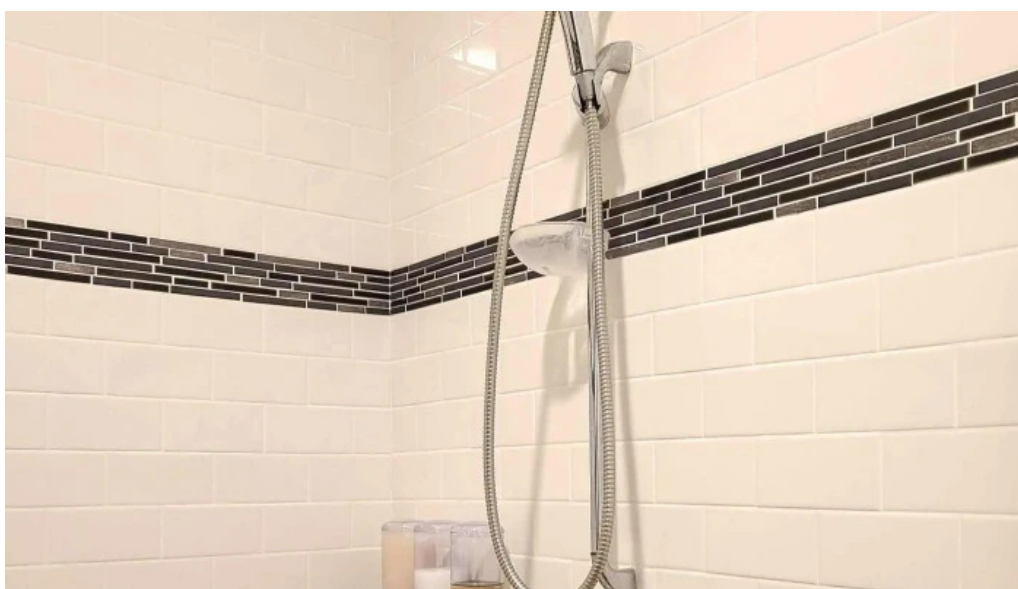
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Tags

Accessibility, Wheelchair-accessible car park, Amenities, Wi-Fi, Wheelchair-accessible entrance

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