

## Sweat440 Fitness Doral - Doral

doral

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*doral*

## *Sweat440 Fitness Doral - Doral*

### **Discover SWEAT440 Fitness Doral: The Ultimate Gym Experience in Florida**

Located in the heart of Doral, Florida, **\*\*SWEAT440\*\*** is redefining fitness with its unique approach to workouts. This gym offers a variety of **\*\*service options\*\*** that cater to a diverse clientele, making it a perfect choice for everyone, from beginners to seasoned athletes.

#### **Convenient Amenities for All Members**

One of the standout features of SWEAT440 is its **\*\*free multi-storey car park\*\***,

ensuring that parking is never a hassle. The gym also boasts a **wheelchair-accessible car park** and **entrance**, emphasizing its commitment to **accessibility** for all members. With high-speed **Wi-Fi** available throughout the facility, you can stay connected even during your workout.

### **On-Site Services Tailored to Your Needs**

SWEAT440 prides itself on its **on-site services**, including personal training and group classes that are conducted every 10 minutes. This feature allows for maximum flexibility, suiting individuals with tight schedules who still want to enjoy a thorough workout. Whether you want to join an online class or participate in person, SWEAT440 has you covered.

### **A Welcoming and Inclusive Environment**

The atmosphere at SWEAT440 is described as friendly and inclusive, where everyone is treated like family. Members have reported that the gym provides a sense of community, thanks to its supportive trainers and fellow workout partners. Many have shared their appreciation for the guidance they receive from coaches like Marissa, Fady, and Marco, who ensure that each member feels welcome and understood.

### **Efficiency and Results-Oriented Workouts**

Members consistently rave about the **40-minute high-intensity interval training (HIIT)** sessions offered at SWEAT440. These workouts are designed to be efficient yet effective, often leading to quick results without requiring hours spent in the gym. The unique format allows participants to jump into any class starting every 10 minutes, making it convenient for those with busy routines.

### **Safety and Professionalism at Its Best**

With a focus on **safety**, the trainers at SWEAT440 take the time to assist members with proper techniques and modifications when needed. Feedback from clients highlights the coaches' dedication to maintaining a safe environment while pushing them to achieve their best. This attention to detail is crucial, especially for individuals recovering from injuries or new to working out.

### **Join the SWEAT440 Family Today!**

If you're looking for a gym that emphasizes **accessibility**, **convenience**, and **community**, look no further than SWEAT440 Fitness Doral. With its outstanding facilities, welcoming staff, and flexible class schedule, it stands out as one of the best fitness locations in Miami. Whether you're a busy mom, a fitness enthusiast, or someone just starting your wellness journey, SWEAT440 is ready to support you every step of the way. Don't miss out on the chance to experience everything SWEAT440 has to offer—join today and become part of a thriving fitness community!

## **We are positioned at**

8405 NW 53rd St suite #E 104, 33166 Doral, Florida - United States (US)

The contact line of this **Gym** is +1888-507-9328

And if you want to send a WhatsApp, you can do so at +1888-507-9328

## **Our opening hours are:**

Day Hours  
Monday

5:30?AM–12?PM 4–7?PM

Tuesday

8?AM–12?PM

Wednesday

9?AM–12?PM

Thursday

5:30?AM–12?PM 4–7:30?PM

Friday

5:30?AM–12?PM 4–7:30?PM

Saturday

5:30?AM–12?PM 4–7:30?PM

Sunday

5:30?AM–12?PM 4–7:30?PM

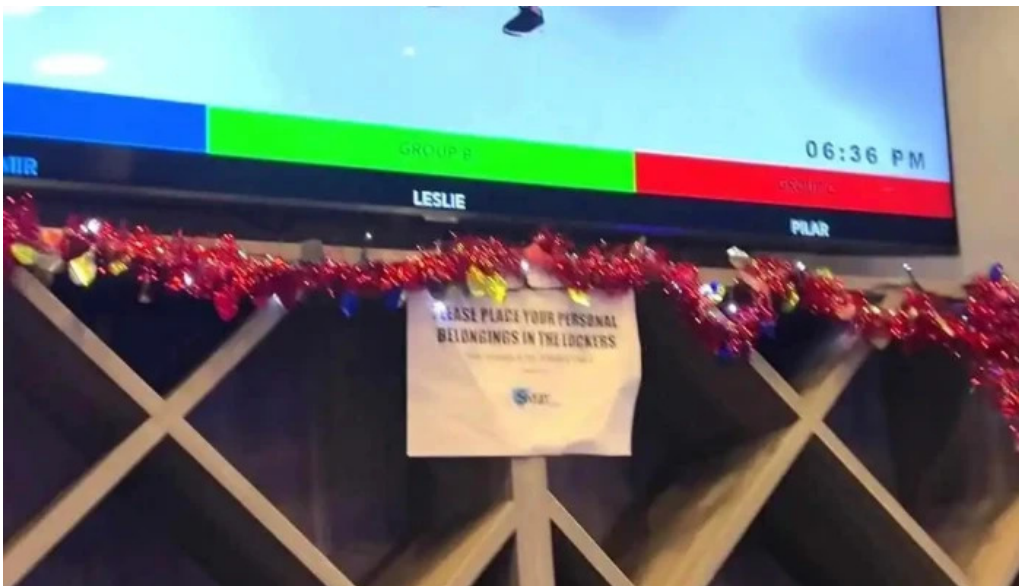
The website is SWEAT440 Fitness Doral

If necessary to change any detail that you consider is not correct about this web, we ask forward a message so we can we will adjust it quickly. Thank you in advance thank you very much.

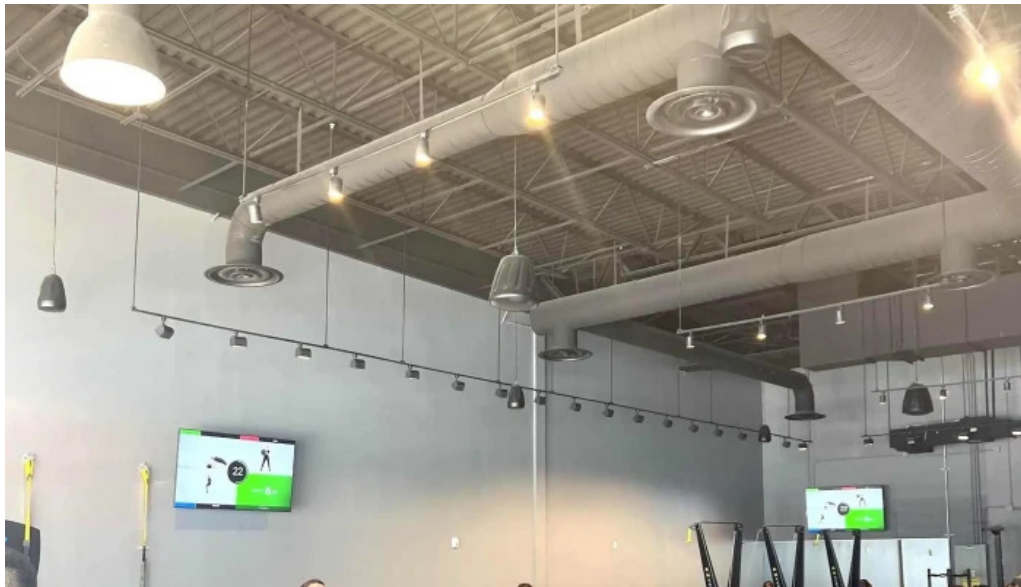
## **Images**



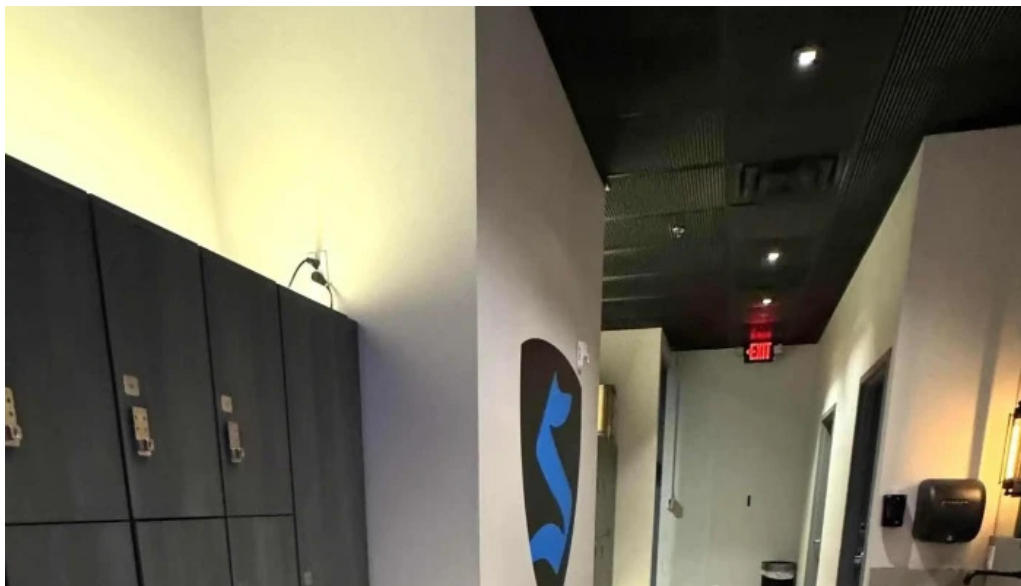
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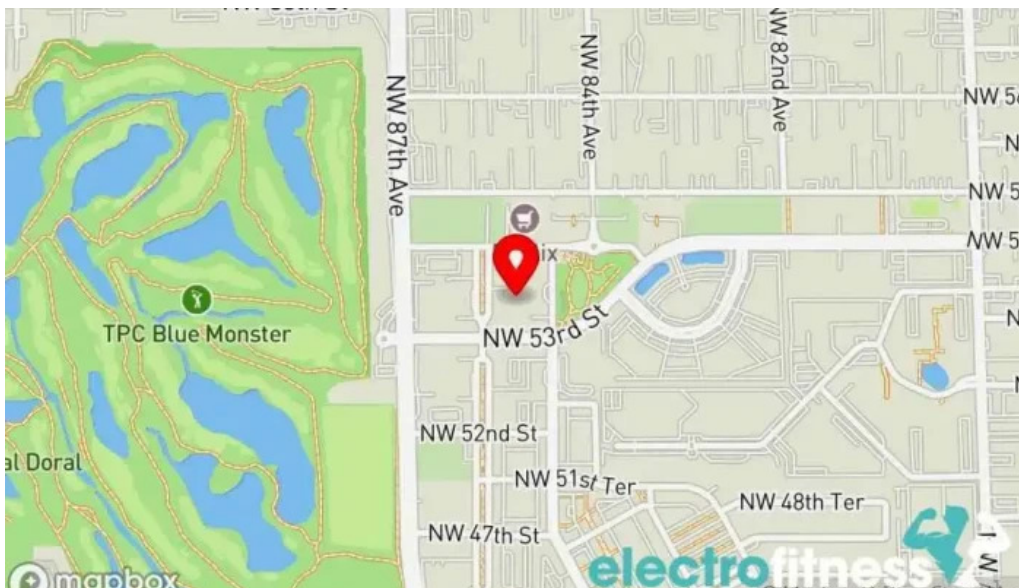


*Sweat440 fitness doral open now*





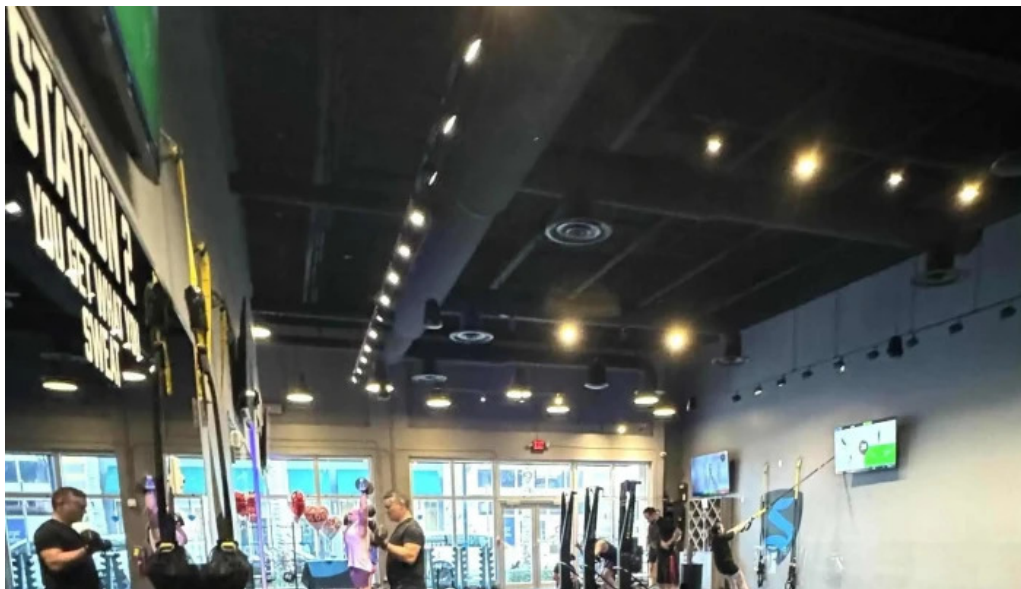
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## Tags

*Amenities, Wi-Fi, Service options, Free multi-storey car park, Wheelchair-accessible car park, Parking, Online classes, Accessibility, Wheelchair-accessible entrance, On-site services*

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acupuncture clinic
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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
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health food restaurant
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karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club

martial arts school
massage spa
massage therapist
medical group
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
software company
spa
spa and health club
sporting goods store
sports club
sports complex



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sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
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swimming instructor
swimming school
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women's personal trainer
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yoga instructor
yoga studio
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