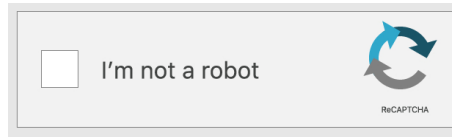


## Gainesville Health & Fitness - Gainesville

gainesville



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[https://www.electrofitness.com/gym/gainesville/gainesville-health-fitness-gainesville\\_265951.php](https://www.electrofitness.com/gym/gainesville/gainesville-health-fitness-gainesville_265951.php)



gainesville

## Gainesville Health & Fitness - Gainesville

### Gainesville Health & Fitness: A Comprehensive Overview

Located in Gainesville, Florida, **Gainesville Health & Fitness (GHF)** offers a variety of amenities designed to cater to fitness enthusiasts of all levels. With features such as a **wheelchair-accessible entrance**, **wheelchair-accessible toilets**, and a **wheelchair-accessible car park**, GHF emphasizes **accessibility** for all its members.

### A Welcoming Atmosphere

The **atmosphere** at GHF is one of inclusivity and support. Many reviews highlight the friendly staff who create a welcoming environment for everyone, whether you're a seasoned gym-goer or just starting your fitness journey. The vibe encourages camaraderie among members, making every workout session enjoyable.

## Facilities and Amenities

GHF boasts an impressive list of **amenities**. Members can take advantage of: **Shower** facilities that provide convenience post-workout A **sauna** for relaxation and muscle recovery On-site services including personal training and group classes such as Pilates and HIIT An outdoor workout area and a **basketball court** Swimming pools with options for both leisure and lap swimming **Gender-neutral toilets** that offer privacy for all patrons Online classes, making workouts accessible from home

## Membership and Planning

While GHF has received mixed reviews regarding its membership policies, it remains a popular choice for many fitness enthusiasts. However, potential members are encouraged to read the fine print to avoid unexpected fees and conditions tied to their membership, particularly if planning to cancel. The cost of membership can be seen as steep compared to other gyms in Gainesville, yet many believe the extensive facilities justify the price.

## Client Testimonials

Reviews of GHF highlight various experiences:

**Positive Vibes:** Many members appreciate the caring staff and top-notch facilities. One user noted, "I love this gym! The X-Force machines provide an amazing strength workout," highlighting the quality of equipment available.

**Community Feel:** Another member mentioned, "It's my favorite place in Gainesville now," signifying the strong community bond formed within the gym.

**Cleansing Concerns:** Some users pointed out areas needing improvement, like the cleanliness of the pool and showers. Consistent feedback calls for better maintenance in these areas. **Customer Service Issues:** A few testimonials reflected dissatisfaction with customer service after sign-up, urging management to address communication gaps and ensure all staff are equipped to assist members effectively.

## Conclusion

Overall, Gainesville Health & Fitness offers a comprehensive range of services aimed at promoting health and wellness. With features designed for **accessibility** and a culture that fosters community, GHF stands out in

Gainesville. While there are valid concerns regarding customer service and maintenance, the positive experiences shared by many members underscore the gym's appeal.

### **We are located at**

4820 Newberry Rd, 32607 Gainesville, Florida - United States (US)

The contact line of the mentioned **Gym** is +1352-377-4955

And if you want to send a WhatsApp, you can do so at +1352-377-4955

### **Our service hours are:**

Day Hours  
Monday  
*Open 24 hours*  
Tuesday  
*Open 24 hours*  
Wednesday  
*Open 24 hours*  
Thursday  
*Open 24 hours*  
Friday  
*Open 24 hours*  
Saturday  
*Open 24 hours*  
Sunday  
*Open 24 hours*

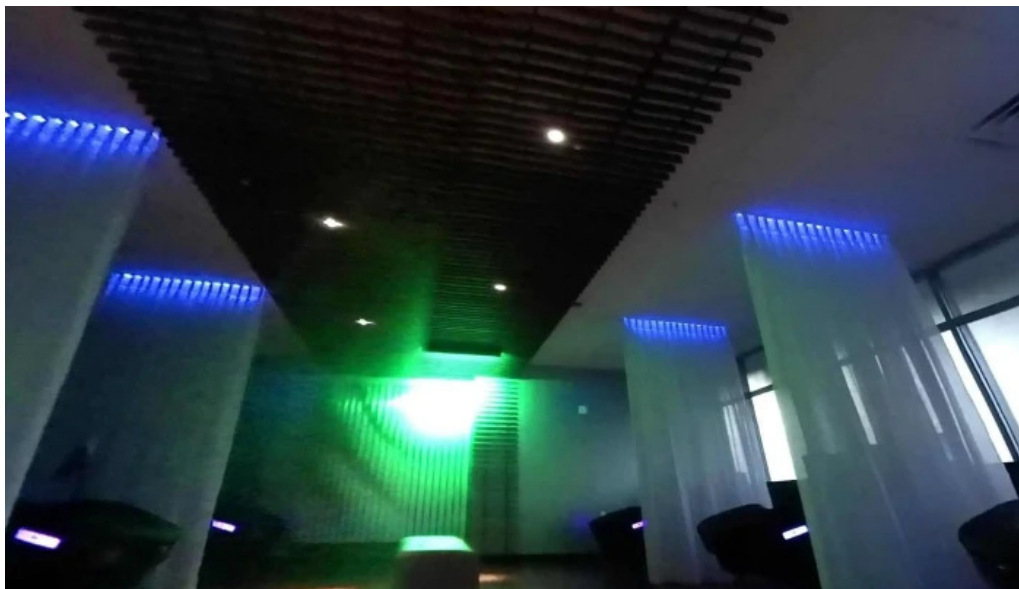
The website is Gainesville Health & Fitness

In case you want to change any information that you believe is not correct concerning this page, we urge you to deliver a message and we will handle it at the earliest convenience. With anticipation thanks for your cooperation.

## **Images**



*Gainesville health fitness videos*



*Gainesville health fitness street view 360deg*



*Gainesville health fitness reviews*



*Gainesville health fitness promotion*





*Gainesville health fitness phone*



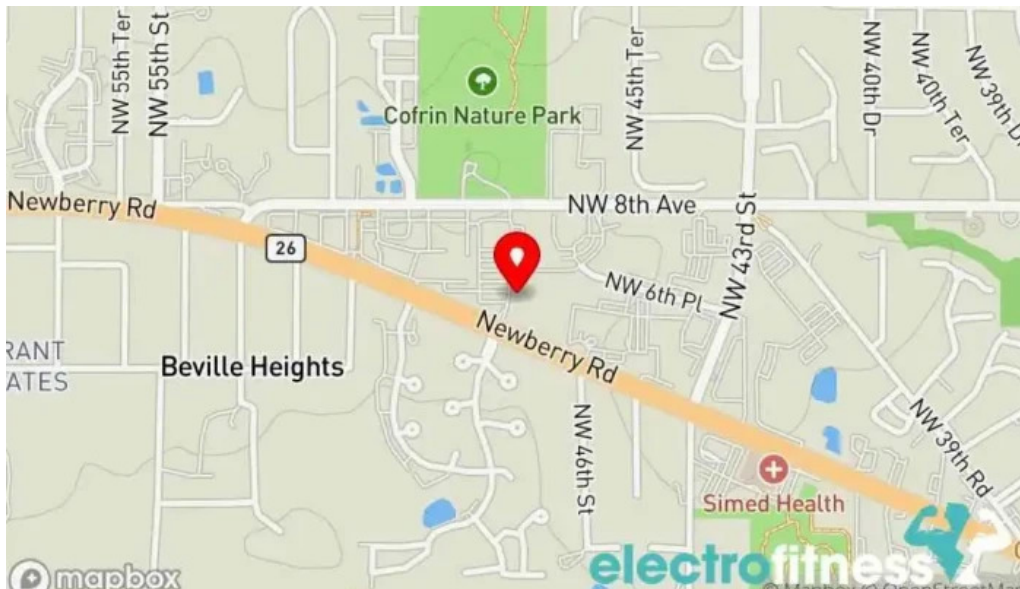
*Gainesville health fitness open now*

FRUIT SMOOTHIES		SIGNATURE SMOOTHIES		BOWLS & PARFAITS	
16oz   24oz		16oz   24oz			
\$ 5.94   7.44	<b>STRAWBERRY BANANA</b> 🍓🍌	\$ 7.80   8.90	<b>MANGO BLAST</b> 🍌🍌	8.50	<b>RAINBOWL</b> 🍌🍌🍌🍌
332   496	STRAWBERRY JUICE, STRAWBERRIES, BANANAS	407   585	TROPICAL JUICE, STRAWBERRIES, MANGOS, SUPERFOOD, VANILLA WHEY		STRAWBERRIES, KIM, BLUEBERRIES, BANANAS, ACAL, GRANOLA
P 3   2		P 25   29		8.50	<b>BEACH BUM</b> 🍌🍌🍌🍌
F 0   1		F 2   5			PEANUT BUTTER, BANANAS, BLUEBERRIES, HONEY, CHIA SEEDS, ACAL, GRANOLA
C 83   125		C 79   113		8.50	<b>JBOWL</b> 🍌🍌🍌🍌
\$ 5.94   7.44	<b>PEANUT BUTTER BLITZ</b> 🍌🍌	\$ 8.80   9.50	<b>BERRY HEALTH FUSION</b> 🍌🍌	8.50	BARANAS, STRAWBERRIES, SUGAR, ALMONDS, HONEY ACAL, GRANOLA
524   643	MILK, BANANAS, PEANUT BUTTER	400   484	FOUR BERRY JUICE, BLUEBERRIES, BANANAS, CHIA SEEDS, FISH OIL, FLAX SEED, PSYLLIUM	8.50	<b>PROTEIN PARFAIT</b> 🍌🍌🍌🍌
P 20   25		P 25   29	HUIK, WHEAT GERM, VANILLA WHEY		20G PROTEIN, GREEK YOGURT, GRANOLA, STRAWBERRIES, BLUEBERRIES, HONEY
F 25   25		F 2   2		5.58	
C 45   132		C 89   132			
\$ 5.94   7.44	<b>BLUE HEAVEN</b> 🍌🍌	\$ 7.80   8.90	<b>PINEAPPLE RECOVERY</b> 🍌🍌		
379   569	TROPICAL JUICE, PINEAPPLES, BLUEBERRIES	404   584	PINEAPPLE JUICE, BANANAS, PINEAPPLES, WHEY ISOLATE, ICAS		
P 1   2		P 25   29			
F 0   1		F 2   5			
C 90   134		C 79   126			
\$ 5.94   7.44	<b>IN THE TROPICS</b> 🍌🍌	\$ 7.80   8.90	<b>JAVA NUT</b> 🍌🍌🍌		
386   580	TROPICAL JUICE, MANGOS, PINEAPPLES	476   630	MILK, BANANAS, PE, COFFEE, ALMONDS, CHOCOLATE WHEY, CHOCOLATE SAUCE		
P 1   2		P 42   47			
F 1   1		F 32   36			
C 91   137		C 80   90			
			<b>LEAN BODY MAKER</b> 🍌🍌		
			WATER, BANANAS, METABOLIC DRIVE PROTEIN, SUPERFOOD		
			<b>ICED CARAMEL LATTE</b> 🍌🍌		
			GRADY'S COLD BREW, MILK, CARAMEL MACCHIATO, FRENCH VANILLA, CHOCOLATE		

Gainesville health fitness number



Gainesville health fitness near me

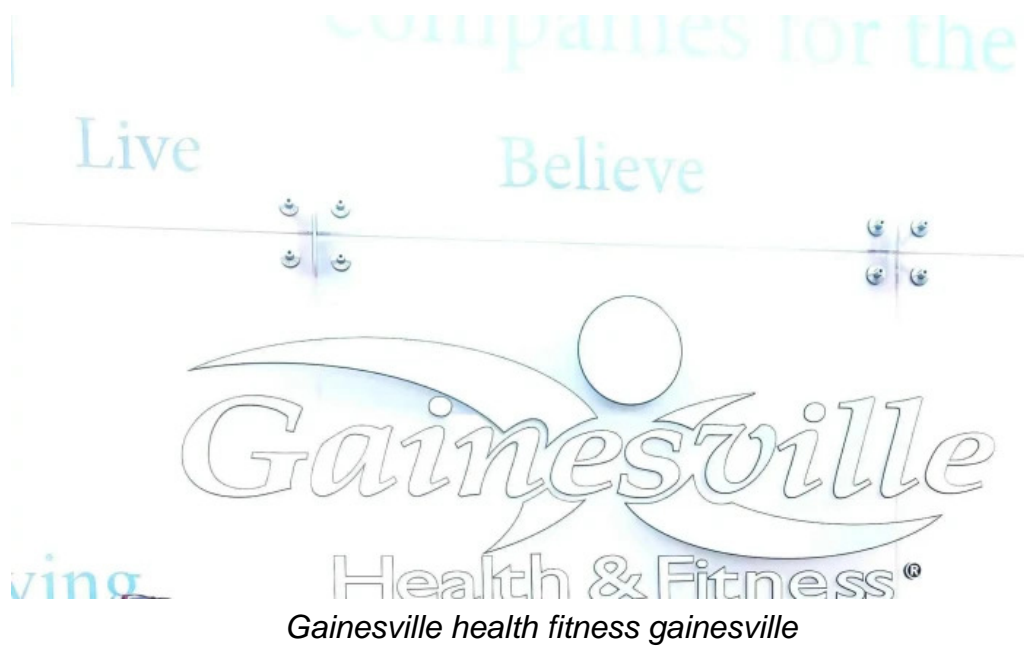


*Gainesville health fitness map*



*Gainesville health fitness gym*





*Gainesville health fitness by owner*



*Gainesville health fitness all*



*Gainesville health fitness address*

## Tags

*Online classes, Atmosphere, Outdoor services, Amenities, Gender-neutral toilets, Accessibility, Service options, On-site services, Basketball court, Shower, Wheelchair-accessible car park, Sauna, Planning, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Membership required*

## Related content

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**4.3 \*** *Onelife Fitness - Rockville - Rockville*

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**3.9 \*** *Onelife Fitness - Bethesda - Bethesda*

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**4.3 \*** *Onelife Fitness - Crystal Park - Arlington*

<b>5.0 *</b>	<i>Shine Basketball - Northglenn</i>
<b>4.1 *</b>	<i>Onelife Fitness - Pike &amp; Rose - Rockville</i>
<b>4.3 *</b>	<i>Onelife Fitness - North Frederick - Frederick</i>
<b>4.8 *</b>	<i>Lifestyle Health Services Med Spa - Agoura Hills Weight Loss, Iv Therapy &amp; Hydrafacial - Agoura Hills</i>
<b>4.4 *</b>	<i>Southern Prairie Family Fitness Center - Creston</i>
<b>4.7 *</b>	<i>Red Lerille's Health &amp; Racquet Club - Lafayette</i>
<b>3.9 *</b>	<i>Life Time - Gaithersburg</i>

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academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
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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
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school



kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
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
spa
spa and health club
sporting goods store
sports club

sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization