

## F45 Training Lafayette La - Lafayette

lafayette

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*lafayette*

### *F45 Training Lafayette La - Lafayette*

#### **Experience F45 Training in Lafayette, LA**

If you're planning to transform your fitness journey, look no further than **F45 Training Lafayette**. This gym is redefining how people perceive workouts with its community-driven atmosphere and highly effective training programs.

#### **Why Choose F45?**

Many members have expressed their love for F45, describing it as a place that

feels like home. From the warm welcomes by trainers who greet you by name to the supportive community, the overall experience is life-changing. Kelsey Berry, a satisfied member, shared, "If you need a gym to call home & family, this is truly the place to be!"

## **Membership and Accessibility**

While a **membership is required** to train, many find it worth the investment due to the structured approach that F45 offers. Each 45-minute session is designed to provide an intense workout without the hassle of planning individual routines. However, it's essential to be aware of the membership auto-renewal policy. Some members have voiced concerns about transparency regarding the contract terms, so make sure to read them carefully.

## **Facilities and Accessibility**

F45 Training Lafayette prides itself on being inclusive. Their **wheelchair-accessible car park** and **wheelchair-accessible entrance** ensure that everyone can enjoy the benefits of functional training. This commitment to **accessibility** makes it easier for all members of the community to join in on the fun and challenging workouts.

## **A Variety of Workouts**

The unique offering at F45 is that each workout is different. This variety not only keeps things exciting but also challenges members at every fitness level. A member noted, "The workouts are top-notch, and there's always something new." With options catering to both beginners and seasoned athletes, F45 ensures that nobody feels out of place.

## **Join the F45 Community**

Becoming part of F45 Training Lafayette means embracing a supportive community. Members cheer each other on and foster an environment where everyone encourages one another to achieve their fitness goals. As one member put it, "The support is phenomenal and everyone is there to cheer you on."

## **Final Thoughts**

In conclusion, F45 Training Lafayette is more than just a gym; it's a community committed to personal health and well-being. With excellent trainers, varied workouts, and a focus on inclusivity and accessibility, it's no wonder so many people are raving about this place. If you're looking for a gym that offers a

unique workout experience while making you feel welcomed, F45 Training Lafayette is the perfect fit!

**Our premises are located at**

*4533 Johnston St, 70503 Lafayette, Louisiana - United States (US)*

The contact phone of the respective **Gym** is +1337-252-0016

And if you want to send a WhatsApp, you can do so at +1337-252-0016

The website is [F45 Training Lafayette LA](#)

In case you want to modify any element that you believe is not correct regarding this portal, we urge you to send us a message so we can we will fix it as soon as possible.

Thank you in advance thank you very much.

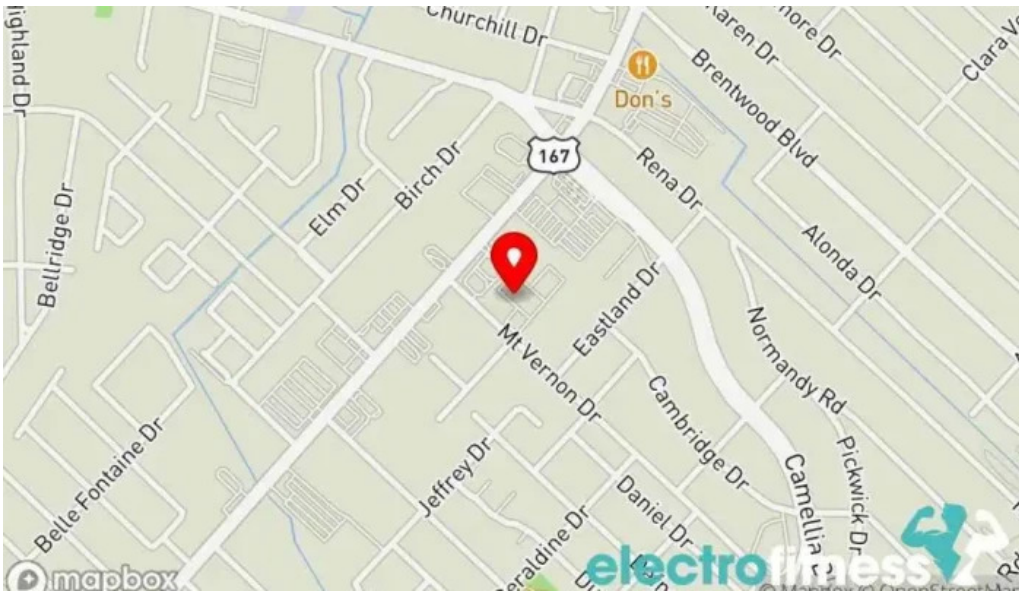
## Images



*F45 training lafayette la street view 360deg*



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## Tags

*Planning, Wheelchair-accessible car park, Wheelchair-accessible entrance, Membership required, Accessibility*

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## Categories

|                            |
|----------------------------|
| amusement park ride        |
| arena                      |
| association / organization |
| bar                        |
| body shaping class         |
| boxing gym                 |
| boxing ring                |
| church                     |
| coffee shop                |
| community center           |
| convenience store          |
| country club               |
| dollar store               |
| elementary school          |
| exercise equipment store   |
| fitness center             |
| golf club                  |
| grocery store              |
| gym                        |
| gymnastics center          |
| health consultant          |
| hospital                   |
| hotel                      |
| indoor cycling             |
| jujitsu school             |
| karate school              |
| kickboxing school          |
| martial arts club          |
| martial arts school        |

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|--------------------------------|
| non-profit organization        |
| personal trainer               |
| physical fitness program       |
| physical therapy clinic        |
| pilates studio                 |
| public educational institution |
| recreation center              |
| rock climbing gym              |
| school district office         |
| shooting range                 |
| sports complex                 |
| sports school                  |
| tennis club                    |
| thrift store                   |
| vitamin & supplements store    |
| wellness center                |
| yoga studio                    |