

F45 Training Maynard Crossing - Maynard

maynard

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maynard

F45 Training Maynard Crossing - Maynard

Experience F45 Training Maynard Crossing

F45 Training Maynard Crossing, located in Maynard, Massachusetts, offers a unique fitness experience designed for individuals of all skill levels. With a strong focus on community and inclusivity, it is a ****LGBTQ+ friendly**** environment that identifies as ****Black-owned****.

A Welcoming Environment

Upon entering the gym, you will find a ****wheelchair-accessible entrance**** and ****car park****, ensuring accessibility for all members. The facility prides itself on

creating a **transgender safe space** with **gender-neutral toilets**, making everyone feel comfortable and accepted.

What to Expect

The classes at F45 are specifically designed so that **membership is required** to participate. However, the welcoming atmosphere ensures that new members can easily integrate into the community. The workouts are adaptable, catering to those who may be in full beast mode or just starting their fitness journey.

Facilities and Amenities

The studio is pristine and equipped with modern amenities. Members can take advantage of **on-site services** such as personal training guidance from friendly coaches who are devoted to helping you achieve your fitness goals. **Wi-Fi** is available throughout the facility for those who wish to stay connected during their workout.

Online Classes and Community Support

F45 Training Maynard also provides **online classes**, allowing members to engage from the comfort of their homes. The community aspect is palpable, with everyone cheering each other on during challenging workouts. Reviews highlight how the camaraderie and support foster an environment where both young and old, male and female, can thrive together.

Join the Movement

With a wide variety of classes that are fun and exciting, F45 Training Maynard has established itself as a go-to fitness destination. Whether you're looking to lose weight like some members have—one reporting a loss of 15 lbs and improved health metrics—or simply seeking a supportive community, F45 has something for everyone.

Conclusion

F45 Training Maynard Crossing stands out not just for its superb workout regimen but also for its commitment to accessibility and community spirit. If you're in Maynard, Massachusetts, consider taking advantage of the free trial to see firsthand how engaging and rewarding the F45 experience can be. Join today and become part of a growing community dedicated to fitness and well-being!

Our business is at

15 Digital Wy Suite 15-22, 01754 Maynard, Massachusetts - United States (US)

The contact phone of the mentioned **Gym** is +1978-309-9940
And if you want to send a WhatsApp, you can do so at +1978-309-9940

We are open during the following hours:

Day Hours

Monday

5:30?AM–6:30?PM

Tuesday

5:30?AM–6:30?PM

Wednesday

7:30–10?AM

Thursday

7:30–10?AM

Friday

5:30?AM–6:30?PM

Saturday

5:30?AM–6:30?PM

Sunday

5:30?AM–6:30?PM

The website is [F45 Training Maynard Crossing](#)

In case you want to adjust any detail that you think is not correct regarding this portal, we kindly request send us a message so that we will handle it at the earliest convenience. Thanks beforehand thanks.

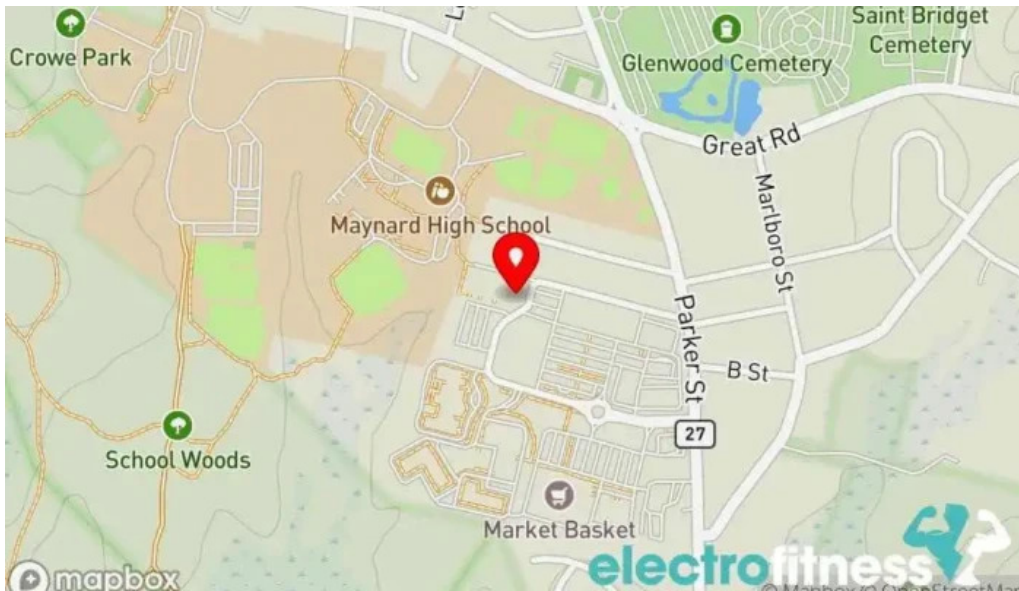
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From the business, LGBTQ+ friendly, Gender-neutral toilets, Service options, Wheelchair-accessible car park, Wheelchair-accessible entrance, Crowd, Identifies as Black-owned, Online classes, Amenities, Planning, Membership required, Transgender safe space, On-site services, Accessibility, Wi-Fi

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sports club
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sports medicine clinic
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swimming instructor
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thrift store
vitamin & supplements store
wellness center
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yoga instructor
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