

## Pal Gym Miami Beach - Miami Beach

miami beach

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*miami beach*

### *Pal Gym Miami Beach - Miami Beach*

#### **Discovering PAL Gym: A Hidden Gem in Miami Beach**

At the heart of Miami Beach, **\*\*PAL Gym\*\*** stands out as a welcoming fitness destination for locals and visitors alike. With a commitment to inclusivity, affordability, and a strong sense of community, this gym is more than just a place to workout; it's a vibrant environment where everyone can feel at home.

#### **Membership Required: Convenience & Accessibility**

To maintain its inviting atmosphere, PAL Gym operates on a membership basis. The convenience of having both short-term and long-term membership

options makes it accessible for everyone, including travelers. Notably, the gym features a **wheelchair-accessible entrance** and **wheelchair-accessible car park**, ensuring that all members of the community can enjoy their workout experience without barriers.

### **A Transgender Safe Space: Inclusivity at Its Core**

PAL Gym is proud to be recognized as a **transgender safe space**. This commitment fosters a supportive environment where individuals from the LGBTQ+ community can feel safe and respected while pursuing their fitness goals. Many testimonials highlight the positive and friendly atmosphere, demonstrating that this gym truly values diversity and acceptance.

### **The Right Crowd: A Community of Support**

According to several reviews, one of the standout features of PAL Gym is its incredible crowd. Members consistently describe it as a place with "great vibes," where friendly interactions enhance the overall workout experience. From seasoned fitness enthusiasts to newcomers, everyone contributes to an encouraging and respectful environment, making it a fantastic spot for anyone looking to improve their fitness routine.

### **Affordable Rates Without Compromising Quality**

Affordability is a hallmark of PAL Gym, with memberships priced around \$42 per month, charged in three-month blocks. This transparent pricing structure eliminates hidden fees that are common in many gyms. Reviewers appreciate the no-frills approach, allowing them to spend their time focusing on their fitness rather than distractions such as overly commercialized classes or high-pressure sales tactics.

### **Accessibility for All: Clean and Well-Organized Space**

Members have praised the cleanliness and organization of PAL Gym. The staff's dedication to maintaining a tidy space contributes to a pleasant workout environment. As one member noted, "You'll never find barbells lying all over the place." The gym's focus on proper etiquette, such as re-racking weights, emphasizes the respect and professionalism of both the staff and patrons.

### **Optimal Equipment Choices for Every Workout**

While some equipment may show signs of wear, many users appreciate the availability of essential machines and free weights needed for a comprehensive workout. The gym offers ample strength training and cardio equipment, catering well to individuals who know their routines. Whether you're aiming to build muscle or improve cardiovascular health, PAL Gym has what you need.

### **Conclusion: Your Next Workout Destination in Miami Beach**

In summary, PAL Gym is a remarkable destination for those seeking an

inclusive, supportive, and economically feasible gym in Miami Beach. With its **\*\*LGBTQ+ friendly\*\*** environment, strong community spirit, and commitment to accessibility, PAL Gym ensures that everyone can pursue their fitness journey with confidence. If you're in South Beach, consider making PAL Gym your next workout destination!

### **You will find us at**

999 11th St, 33139 Miami Beach, Florida - United States (US)

### **We are open during the following hours:**

Day	Hours
Monday	6:30?AM–10?PM
Tuesday	8?AM–8?PM
Wednesday	8?AM–8?PM
Thursday	6:30?AM–10?PM
Friday	6:30?AM–10?PM
Saturday	6:30?AM–10?PM
Sunday	6:30?AM–10?PM

The website is [PAL GYM Miami Beach](#)

If you need to update any detail that you believe is not correct related to this page, we kindly request send a message so we can we will fix it at the earliest convenience. Thank you in advance we appreciate it.

## **Images**



*Pal gym miami beach videos*



*Pal gym miami beach street view 360deg*

<b>RECEIPT</b>		DATE <u>7/11/18</u>	No. <b>745175</b>
RECEIVED FROM <u>Andan Tissot</u>		\$ <u>20.00</u>	
<u>1 Month (80) (Residents) (temp)</u>		DOLLARS	
<input type="radio"/> FOR RENT <input type="radio"/> FOR <u>Key at lounge deposit</u>			
ACCOUNT		<input checked="" type="radio"/> CASH	
PAYMENT	<u>20.00</u>	<input type="radio"/> CHECK	FROM <u>7/11/18</u> TO <u>8/11/18</u>
BAL. DUE		<input type="radio"/> MONEY ORDER	BY <u>Rocky</u>
		<input type="radio"/> CREDIT CARD	

*Pal gym miami beach score*



*Pal gym miami beach prices*





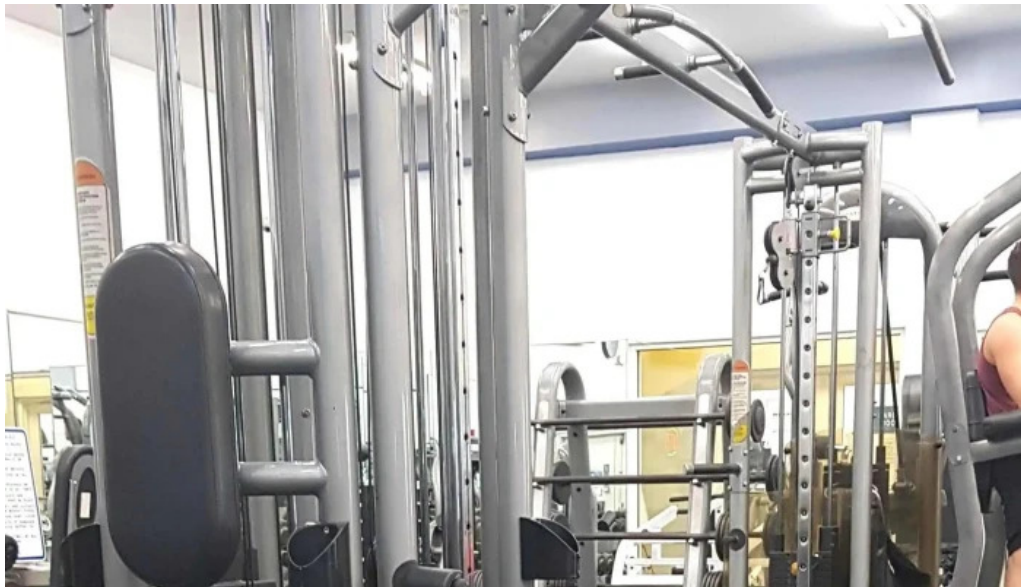
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*Pal gym miami beach exercise machine*





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## Tags

*Wheelchair-accessible car park, Transgender safe space, Crowd, LGBTQ+ friendly, Accessibility, Wheelchair-accessible entrance, Planning, Membership required*

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basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
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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 club
karate school
kennel
kickboxing school
kinesiologist

kinesiotherapist
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martial arts school
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massage therapist
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muay thai boxing gym
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nutritionist
park
parking lot
parkour spot
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pharmacy
physical fitness program
physical therapist
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pickleball court
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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
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
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