

Barry's Miami Midtown - Miami

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Barry's Miami Midtown - Miami

Barry's Gym Miami Midtown: An Inclusive Fitness Destination

Barry's Gym in Miami Midtown offers an invigorating workout experience that caters to fitness enthusiasts of all levels, and is committed to accessibility for everyone. With features like a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, Barry's ensures that all members can enjoy their fitness journey without barriers.

The Vibe and Energy of Barry's

From the moment you step into Barry's, you're greeted with a vibrant

atmosphere that motivates you to push your limits. As one participant noted, "My favorite Barry's instructor ever. Her vibes, exercise selection, and playlist are top-notch." The energy of the instructors is contagious, making every class more than just a workout. For instance, Rick's friendly demeanor and high-energy classes have left many feeling like they were working out with an old friend, showcasing the community spirit prevalent at Barry's.

Challenging Workouts Tailored for Everyone

Barry's classes are designed to challenge participants while allowing them to go at their own pace. One member stated, "The classes are challenging but always give you the option to go at your own pace." This flexibility ensures that whether you're a beginner or a seasoned athlete, you can benefit from every session. The workouts often combine cardio and strength training, providing a comprehensive approach to fitness that keeps you engaged and motivated.

A Focus on Community

At Barry's Miami Midtown, creating a sense of belonging is paramount. Instructors like Gui are known not only for their expert training techniques but also for their ability to foster a supportive community among members. Many attendees expressed that Gui's classes have become something they genuinely look forward to, citing his ability to make everyone feel included and energized. One enthusiastic member shared, "I'll admit, I get bored easily... but Gui has completely changed that for me."

Accessible Amenities

In addition to its dynamic classes, Barry's also offers various amenities to enhance your experience. The ****fuel bar**** serves delicious smoothies and recovery drinks, and the clean, well-maintained facilities create a comfortable environment for all attendees. As one reviewer noted, "The bathrooms and locker rooms are very nice and well kept," highlighting the gym's commitment to cleanliness and member comfort.

Join the Barry's Community Today

If you're looking for an exciting and inclusive fitness experience in Miami, Barry's Gym in Midtown should be at the top of your list. With its ****wheelchair-accessible entrance**** and supportive environment, it's a place where everyone can thrive. Don't miss your chance to experience the unmatched energy and community atmosphere that Barry's offers—join today and discover how fun and fulfilling fitness can truly be!

Our address is

3250 NE 1st Ave #105, 33137 Miami, Florida - United States (US)

The contact phone of the respective **Gym** is +1786-725-5791
And if you want to send a WhatsApp, you can do so at +1786-725-5791

We are open during the following hours:

Day Hours
Monday
6?AM–8?PM
Tuesday
8?AM–1?PM
Wednesday
8?AM–1?PM
Thursday
6–8?PM
Friday
6–8?PM
Saturday
6–8?PM
Sunday
6–8?PM

The website is Barry's Miami Midtown

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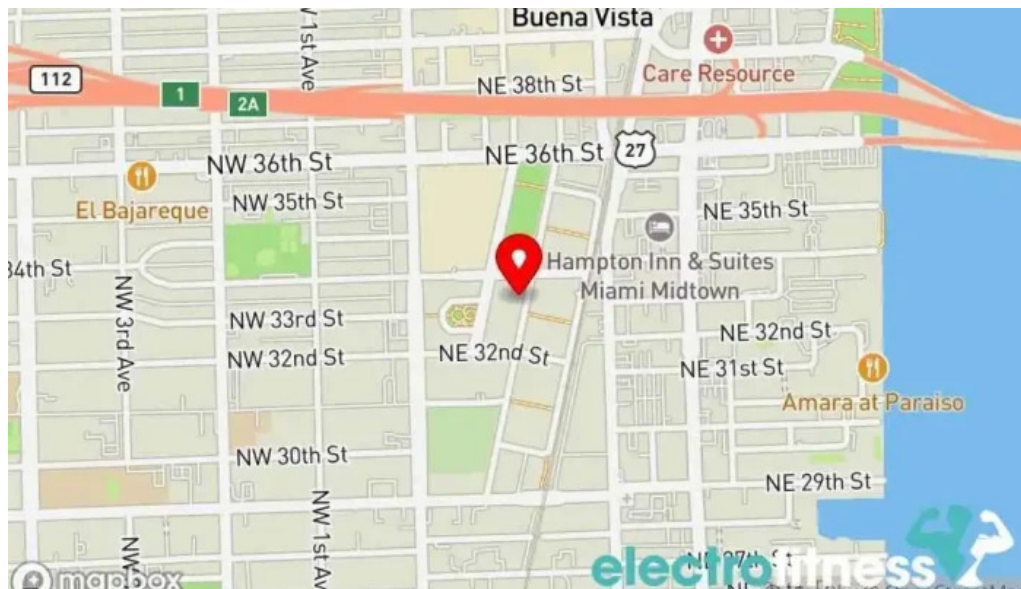
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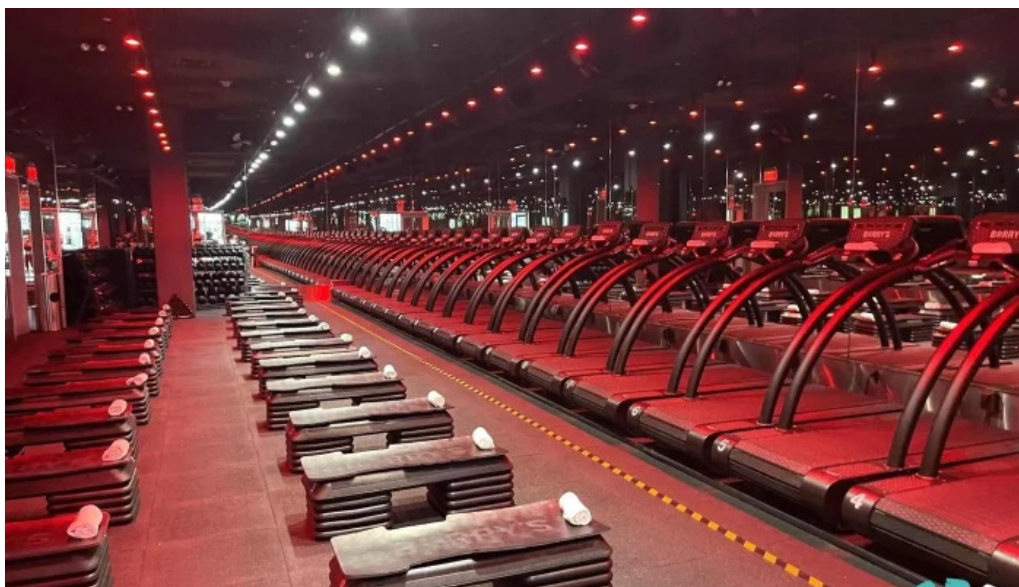
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Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance

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gym
gymnasium school
gymnastics center
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health food restaurant
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