

Downtown Strength and Conditioning - Miami

miami

☐ I'm not a robot



RECAPTCHA

Published on: 08/05/25	Hits: 423
Comments: 0	See comments
Votes: 47	Score: 5

https://www.electrofitness.com/gym/miami/downtown-strength-and-conditioning-miami_278593.php



miami

Downtown Strength and Conditioning - Miami

Welcome to Downtown Strength and Conditioning

Located in the vibrant heart of Miami, **Downtown Strength and Conditioning (DTSC)** is a premier fitness facility that offers a diverse array of services and amenities designed to meet the needs of its members. This **women-owned gym** prioritizes accessibility, community, and top-notch training experiences for individuals of all backgrounds.

Amenities and Accessibility

DTSC features an impressive range of **amenities** including a spacious **swimming pool**, a well-equipped open gym, and specialized rooms for various fitness classes. The facility ensures inclusivity with a **wheelchair-accessible entrance** and **wheelchair-accessible car park**. In line with its commitment to accessibility, DTSC is proud to offer **gender-neutral toilets** as well as be an **LGBTQ+ friendly** environment and a **transgender safe space**.

On-Site Services and Class Offerings

At DTSC, **on-site services** cater to every fitness enthusiast's needs. From engaging CrossFit classes led by experienced coaches to a dedicated **Barbell Club** focusing on Olympic lifting, there's something for everyone. For those who prefer to work out at their own pace, the gym also provides ample **open gym time**. Additionally, the facility offers **online classes** for members looking to stay active from home.

A Community Like No Other

The community at DTSC is one of its greatest assets. Many members report building lasting friendships and feeling supported in their fitness journeys. With a **crowd** that is welcoming and energetic, newcomers quickly feel at home. Members appreciate the high level of camaraderie and motivation that makes working out more enjoyable and effective.

Planning Your Visit

If you're considering visiting, DTSC offers flexible **service options** with affordable **membership required** passes available for both long-term and short-term stays. Whether you're in town for a quick trip or planning a longer stay, the \$60 three-day pass is a great way to experience all the gym has to offer, complete with an exclusive T-shirt.

Hear from Our Members

Testimonials from gym-goers highlight the fantastic experience they've had at DTSC. One member mentioned feeling secure under the guidance of attentive coaches, while others praised the cleanliness of the facility and the professionalism of the staff. "The energy here is AMAZING!" said one visitor, reflecting the vibrant atmosphere that DTSC fosters.

Why Choose DTSC?

For anyone living in or visiting Miami, Downtown Strength and Conditioning

stands out as more than just a gym; it's a community. With dedicated coaches who prioritize safety and form, a diverse range of classes, and a welcoming environment for all, DTSC truly embodies the spirit of fitness and unity. Whether you're looking to strengthen your body, improve your skills, or simply meet new people, DTSC is the place to be!

Join us and be a part of this extraordinary fitness journey at Downtown Strength and Conditioning!

We are found at

15 SE 2nd Ave, 33131 Miami, Florida - United States (US)

The contact line of the mentioned **Gym** is +1305-775-7004

And if you want to send a WhatsApp, you can do so at +1305-775-7004

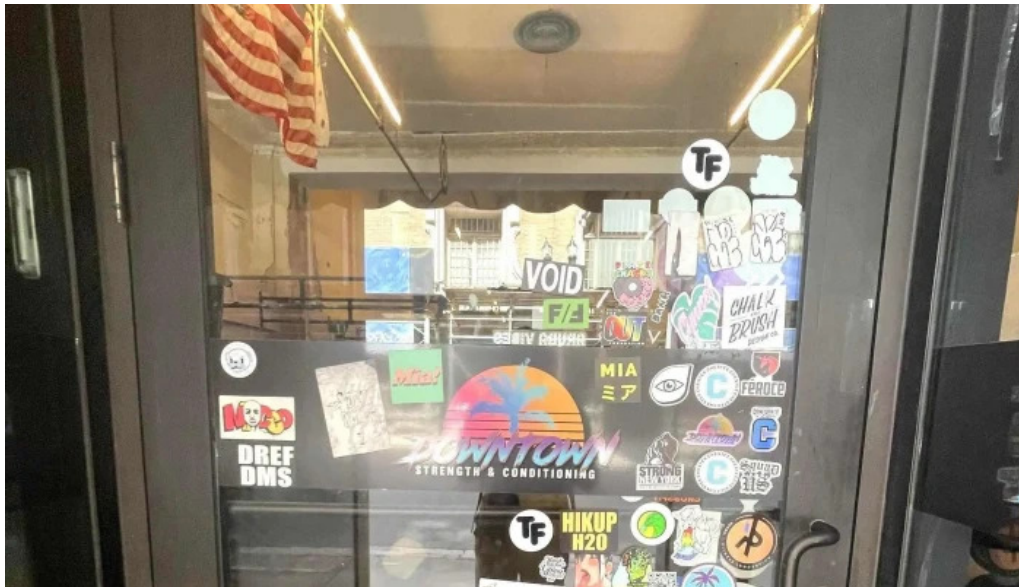
Our service hours are:

Day	Hours
Monday	6?AM–9?PM
Tuesday	9?AM–12:30?PM
Wednesday	11?AM–1?PM
Thursday	6?AM–9?PM
Friday	6?AM–9?PM
Saturday	6?AM–9?PM
Sunday	6?AM–9?PM

The website is Downtown Strength and Conditioning

In case you want to change any detail that you feel is incorrect related to this site, we ask forward a message so we can we will correct it as soon as possible. Thank you in advance we appreciate it.

Images



Downtown strength and conditioning website



Downtown strength and conditioning videos



Downtown strength and conditioning street view 360deg



Downtown strength and conditioning score



Downtown strength and conditioning photos



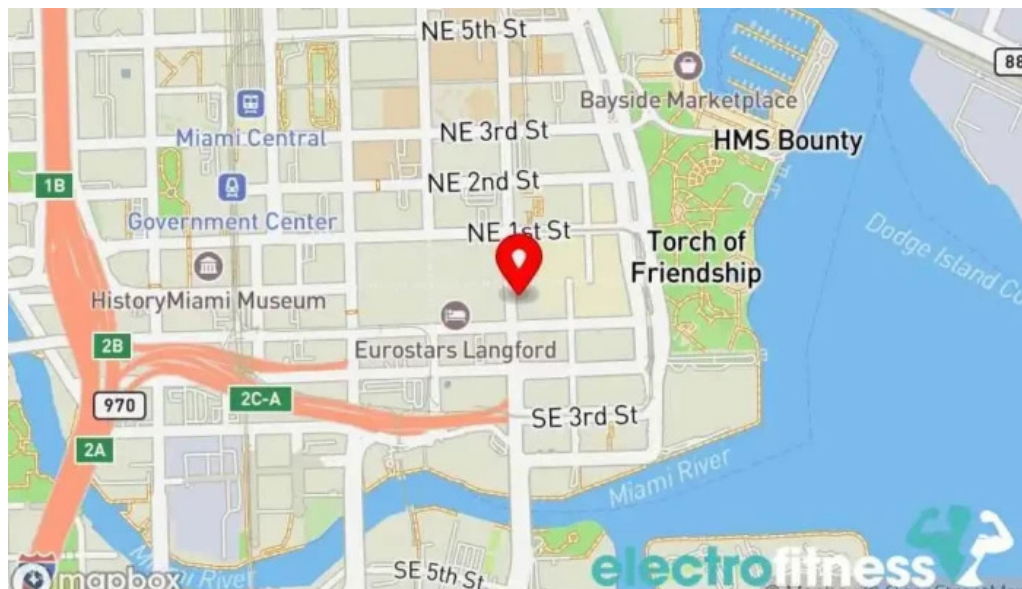
Downtown strength and conditioning open now



Downtown strength and conditioning near me



Downtown strength and conditioning miami



Downtown strength and conditioning map



Downtown strength and conditioning instagram



Downtown strength and conditioning gym



Downtown strength and conditioning by owner



Downtown strength and conditioning all

Tags

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

Related content

4.7 *	<i>Yachtside Fitness: Downtown Miami - Miami</i>
5.0 *	<i>East Valley Strength and Conditioning - Chandler</i>
5.0 *	<i>Cj Strength & Conditioning - Rockport</i>
5.0 *	<i>Carbon Strength & Conditioning - Littleton</i>
4.0 *	<i>Downtown Yoga of Adrian, Mi - Adrian</i>
4.6 *	<i>Berserker Strength and Conditioning - Garden City</i>
5.0 *	<i>Ephrata Strength and Conditioning East - Denver</i>
4.9 *	<i>Jeta Strength & Conditioning - Crown Point</i>
4.2 *	<i>Downtown Sports and Wellness - Albuquerque</i>
4.9 *	<i>F45 Training Downtown Boise - Boise</i>

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
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 group
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
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
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