

## F45 Training Coral Way - Miami

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### *F45 Training Coral Way - Miami*

#### **Discover F45 Training Coral Way: Your Ideal Fitness Destination in Miami**

If you're in Miami, Florida, and looking for a workout experience that combines **\*\*accessibility\*\***, energy, and community, look no further than F45 Training Coral Way. This gym offers a unique atmosphere that makes every visit enjoyable and rewarding.

#### **Accessibility and Convenience**

One of the standout features of F45 Coral Way is its **\*\*wheelchair-accessible car park\*\***. This makes it easy for everyone to access the facility, ensuring that

no one feels excluded from participating in their fitness journey. The studio's location provides ample **\*\*parking\*\***, which is essential for busy individuals looking to squeeze a workout into their day.

### **A Welcoming Atmosphere**

The moment you step into F45 Coral Way, you're greeted by a warm and welcoming environment. Members describe the atmosphere as feeling like family, with coaches who are friendly, motivating, and genuinely interested in helping you succeed. The **\*\*staff is super considerate\*\***, creating a supportive space that encourages personal growth and connection among members.

### **Shower Facilities for Your Comfort**

After an intense workout session, convenience is key. F45 Coral Way boasts well-maintained **\*\*shower facilities\*\*** stocked with essential amenities, making it easy to freshen up before heading out. This is particularly appealing for those who may want to fit a workout into their lunch break or after work.

### **Membership Required for a Full Experience**

While a **\*\*membership is required\*\*** to fully enjoy all that F45 has to offer, many find that the investment is well worth it. With diverse classes that focus on functional training, each session lasts just 45 minutes yet delivers a challenging workout that can burn between 700-850 calories. Members have shared that the structured workouts and engaging atmosphere help keep them committed to their fitness journey.

### **Why F45 Coral Way Stands Out**

F45 Coral Way has received praise for its clean and modern facilities, featuring updated equipment and large windows that allow natural light to flood the space. Many reviews highlight how the studio is exceptionally maintained, which contributes to a positive workout experience. Additionally, the **\*\*trainers are knowledgeable\*\*** and attentive, ensuring that each member receives proper guidance and support during their workouts. They offer modifications as needed, making it perfect for all fitness levels—from beginners to seasoned athletes.

### **Conclusion: Join the F45 Family**

Whether you are new to fitness or looking to elevate your current routine, F45 Training Coral Way is a fantastic option. With its combination of a welcoming **\*\*atmosphere\*\***, convenient **\*\*accessibility\*\***, and outstanding training, it's no wonder that members feel like they belong to a community. If you're searching for a place to achieve your fitness goals while having fun, F45 Coral Way awaits you!

**We are based in**

2750 Coral Wy Suite 100, 33145 Miami, Florida - United States (US)

The contact phone of the mentioned **Gym** is +1305-400-9466

And if you want to send a WhatsApp, you can do so at +1305-400-9466

### **Our service hours are:**

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

The website is F45 Training Coral Way

If necessary to alter any information that you believe is not correct about this page, we urge you to send us a message so that we will handle it as soon as possible. With anticipation we appreciate it.

## **Images**



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dance school
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educational institution
elementary school
exercise equipment store
facial spa
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kinesiologist
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martial arts school
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massage therapist
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medical spa
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muay thai boxing gym
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nutritionist
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parking lot
parkour spot
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
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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
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supermarket
swimming facility
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tennis club
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