

Live Free Fitness Club - Miami

miami



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Live Free Fitness Club - Miami

Welcome to Live Free Fitness Club in Miami, Florida

Live Free Fitness Club is a vibrant community-focused gym located in Miami, Florida. This exceptional fitness facility emphasizes inclusivity and accessibility, making it a prime choice for individuals of all backgrounds and fitness levels.

Service Options and On-Site Services

At Live Free, you will find a variety of **service options** tailored to meet your

needs. From CrossFit to yoga and nutrition wellness coaching, the **on-site services** are designed to promote holistic health. Members also have access to personalized training sessions and customized meal plans that ensure each individual's goals are met effectively.

Accessibility Features

The gym prides itself on being **wheelchair-accessible**, with an entrance and a **wheelchair-accessible car park**. This commitment to **accessibility** reflects the inclusive spirit of the gym, welcoming everyone to join the fitness journey, regardless of mobility challenges.

Online Classes

To accommodate various schedules and preferences, Live Free offers **online classes**. This option allows members to engage in workout sessions from the comfort of their homes, ensuring fitness remains achievable regardless of circumstances.

A Community Like No Other

The sense of community at Live Free is palpable. Reviews highlight how the club is more than just a gym; it's a supportive family where members encourage one another. Many attendees describe feeling welcomed from the moment they enter, thanks to the attentive and friendly staff led by owner John.

Diverse Workout Programming

Live Free Fitness Club is known for its well-planned programming that caters to all fitness levels. Whether you're an expert or just starting out, the adaptive workouts help each member progress at their own pace. The coaches are dedicated, knowledgeable, and passionate, ensuring each workout is both safe and effective.

A Women-Owned Business

Identifying as **women-owned**, Live Free Fitness Club prides itself on empowering women in the fitness space. This aspect not only adds to the gym's unique identity but also reinforces its commitment to diversity and inclusivity.

Membership Requirements

Joining Live Free Fitness Club requires a **membership**, which grants access to an array of fitness resources, coaching expertise, and a welcoming

environment. The supportive atmosphere has transformed many lives, with community members often sharing their personal success stories.

Conclusion

Whether you're looking to improve your fitness, find a supportive community, or just get started on your wellness journey, Live Free Fitness Club in Miami is the perfect place. Join today and experience the positive energy and camaraderie that make this gym truly special!

You can find us in

7101 N Miami Ave Unit 106, 33150 Miami, Florida - United States (US)

The phone number of the mentioned **Gym** is +1305-770-6319

And if you want to send a WhatsApp, you can do so at +1305-770-6319

We open at the following schedule:

Day	Hours
Monday	6?AM–12?PM 4–8?PM
Tuesday	9–11?AM
Wednesday	9–11?AM
Thursday	6?AM–12?PM 4–8?PM
Friday	6?AM–12?PM 4–8?PM
Saturday	6?AM–12?PM 4–8?PM
Sunday	6?AM–12?PM 4–8?PM

The website is Live Free Fitness Club

If necessary to alter any data that you think is incorrect related to this portal, please send us a message so we can we will fix it at the earliest convenience. Thanks beforehand thank you very much.

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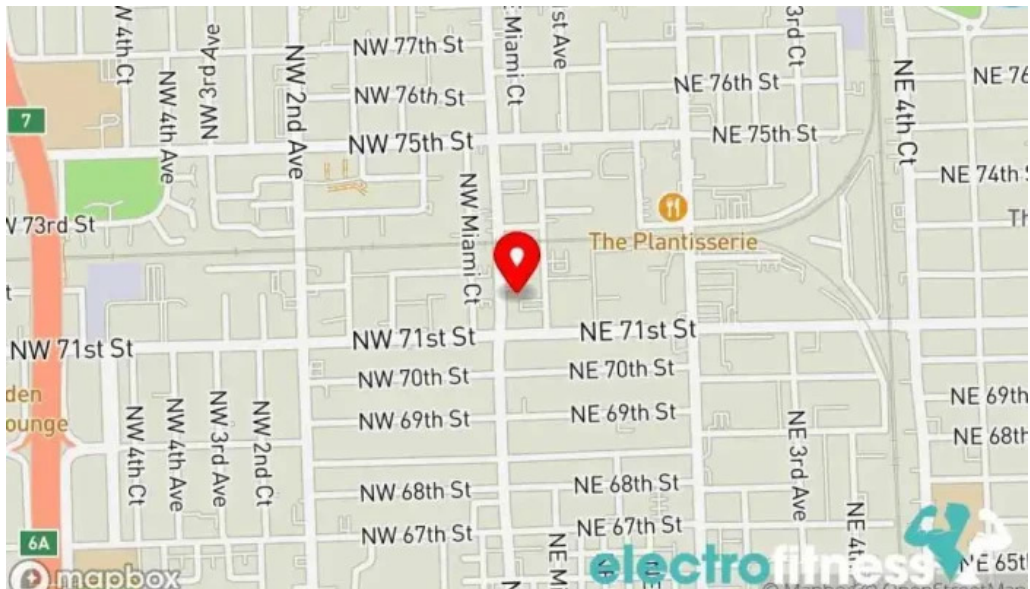
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Live free fitness club map



Live free fitness club location



Live free fitness club gym



Live free fitness club by owner



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Tags

Wheelchair-accessible entrance, Planning, Identifies as women-owned, From the business, Membership required, Accessibility, Wheelchair-accessible car park, Service options, On-site services, Online classes

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