

## Sweat440 Fitness Upper East Side - Miami

miami

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## *Sweat440 Fitness Upper East Side - Miami*

### Experience the Best at SWEAT440 Fitness Upper East Side

SWEAT440 Fitness Upper East Side, located in Miami, Florida, is a game-changer for fitness enthusiasts and beginners alike. With a focus on creating an inclusive atmosphere, this gym offers **\*\*wheelchair-accessible parking\*\*** and a **\*\*wheelchair-accessible entrance\*\***, ensuring that all individuals can enjoy their workouts comfortably.

### Unique Workout Structure

As one of the standout features, SWEAT440 offers **\*\*40-minute HIIT classes\*\***

starting every 10 minutes. This flexibility allows even the busiest individuals to seamlessly integrate fitness into their schedules. Each session is designed to keep you engaged and challenged, with new focuses every few minutes. Reviewers often highlight how refreshing it is to participate in workouts that prevent monotony and push personal limits.

## **A Supportive Community**

What truly sets SWEAT440 apart is its community atmosphere. Many members have expressed their appreciation for the dedicated team of trainers, including Sam, McKenzie, and Gregg, who provide continuous support and motivation. Their friendly demeanor fosters a welcoming environment where everyone feels valued.

## **Transformative Results**

Several members have shared their success stories, detailing significant transformations in strength and overall health since joining. The combination of high-intensity training and encouraging staff leads to notable improvements, making it a suitable destination for anyone serious about reaching their fitness goals.

## **Accessibility and Inclusivity**

Not only does SWEAT440 focus on effective workouts, but it also prioritizes accessibility. The **\*\*wheelchair-accessible car park\*\*** and **\*\*entrance\*\*** allow individuals with different needs to partake in fitness activities confidently. This commitment to inclusivity creates an environment where everyone can thrive.

## **Conclusion**

With a vibrant atmosphere, remarkable trainers, and an impressive schedule, SWEAT440 Fitness Upper East Side stands out as a premier fitness destination in Miami. Whether you're a seasoned athlete or just starting your fitness journey, this gym offers everything you need to succeed while ensuring accessibility for all. Experience the difference at SWEAT440 today!

## **We are based in**

6901 Biscayne Blvd, 33138 Miami, Florida - United States (US)

The contact line of the respective **Gym** is +1888-507-9328

And if you want to send a WhatsApp, you can do so at +1888-507-9328

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

Day Hours

Monday

5?AM–12?PM 4–6:30?PM

Tuesday

7:30?AM–12:30?PM

Wednesday

7:30?AM–12:30?PM

Thursday

5?AM–12?PM 4–7:30?PM

Friday

5?AM–12?PM 4–7:30?PM

Saturday

5?AM–12?PM 4–7:30?PM

Sunday

5?AM–12?PM 4–7:30?PM

The website is [SWEAT440 Fitness Upper East Side](#)

In case you want to change any detail that you consider is not precise about this page, we ask send a message so that we will handle it promptly. In advance we appreciate it.

## Images



*Sweat440 fitness upper east side where*



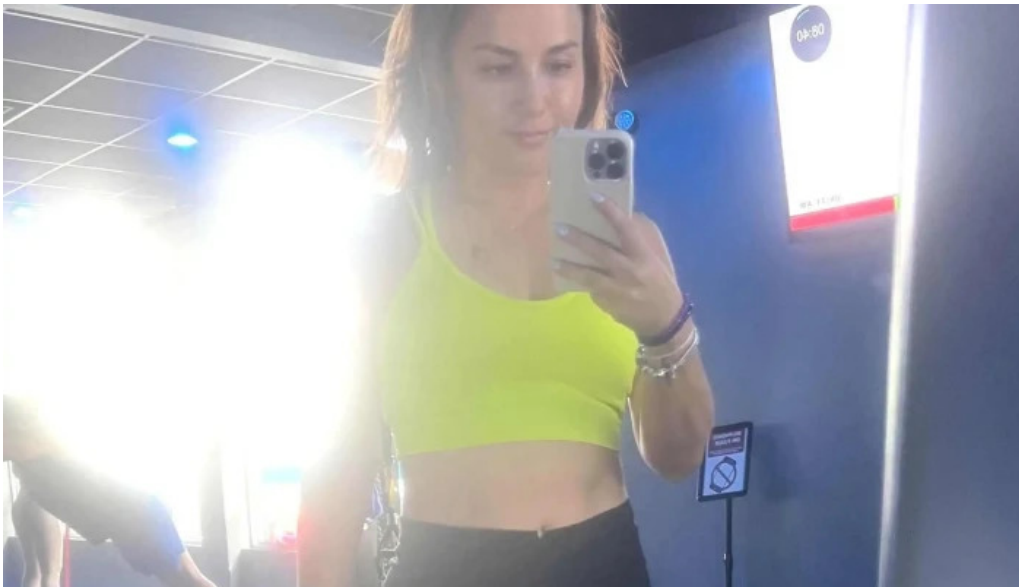
*Sweat440 fitness upper east side website*



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*Sweat440 fitness upper east side street view 360deg*



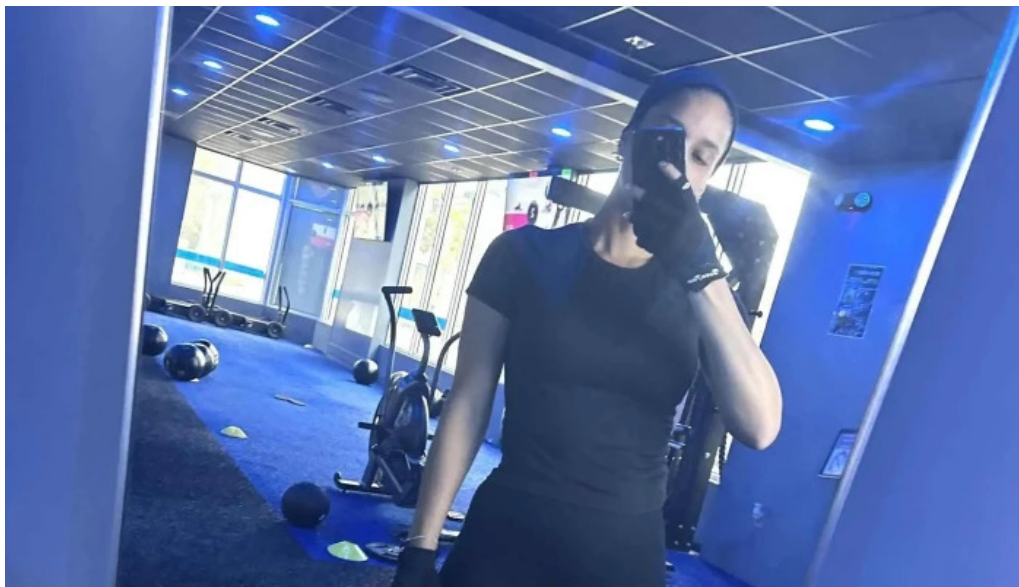
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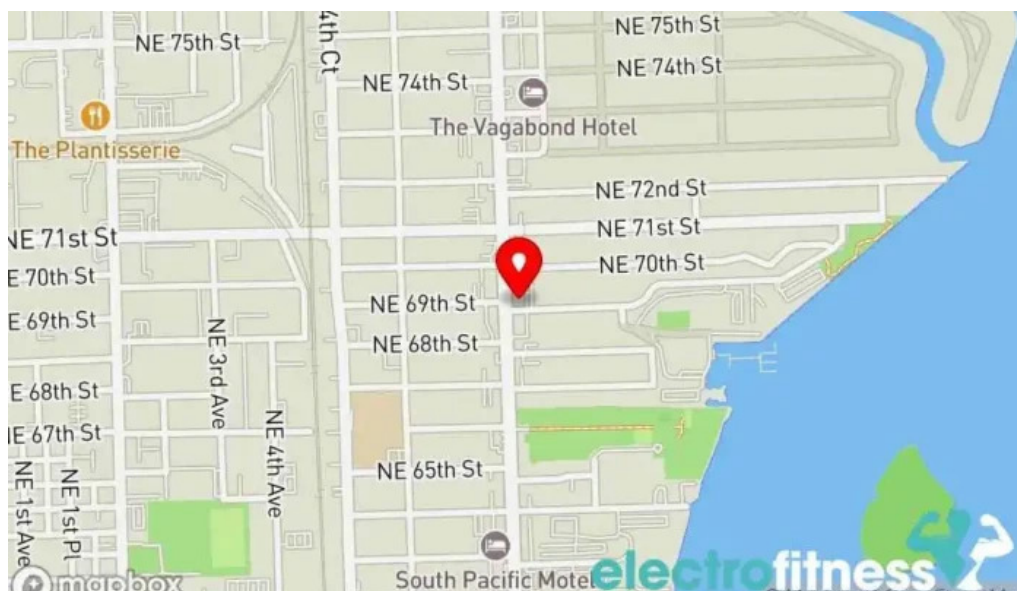
*Sweat440 fitness upper east side prices*



*Sweat440 fitness upper east side number*



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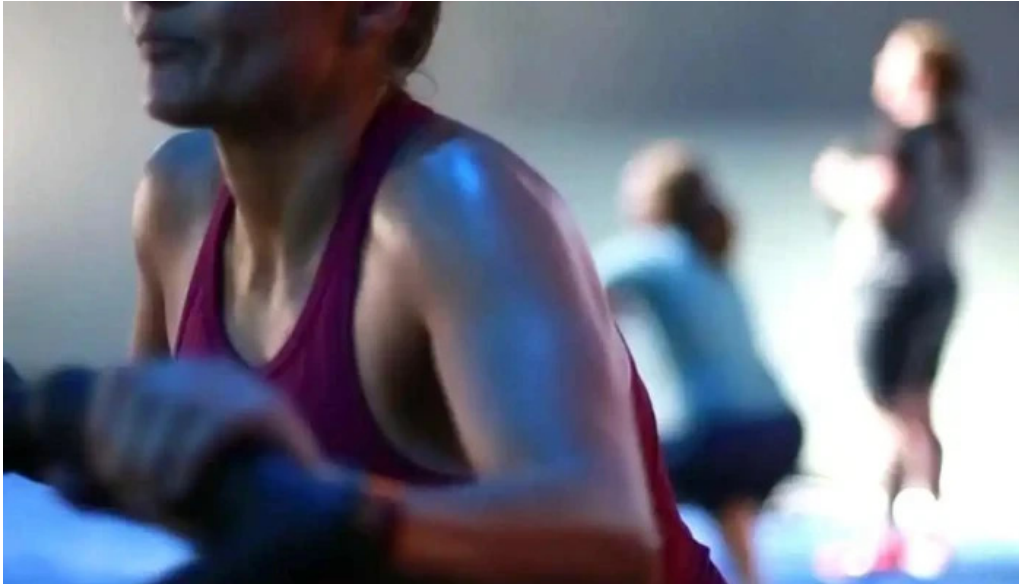
*Sweat440 fitness upper east side map*



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## Tags

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

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**5.0 \*** *Miami Strong Gym - Miami*

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<b>5.0 *</b>	<i>K3 Fitness (Square Fit Pro Boxing &amp; Conditioning) - Upper Marlboro</i>
<b>5.0 *</b>	<i>East Bay Golf Lab - Walnut Creek</i>
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<b>4.9 *</b>	<i>Core Fitness Miami - Miami</i>
<b>4.9 *</b>	<i>Sbg East Coast - North Dartmouth</i>

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after school program
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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
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weightlifting area
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