

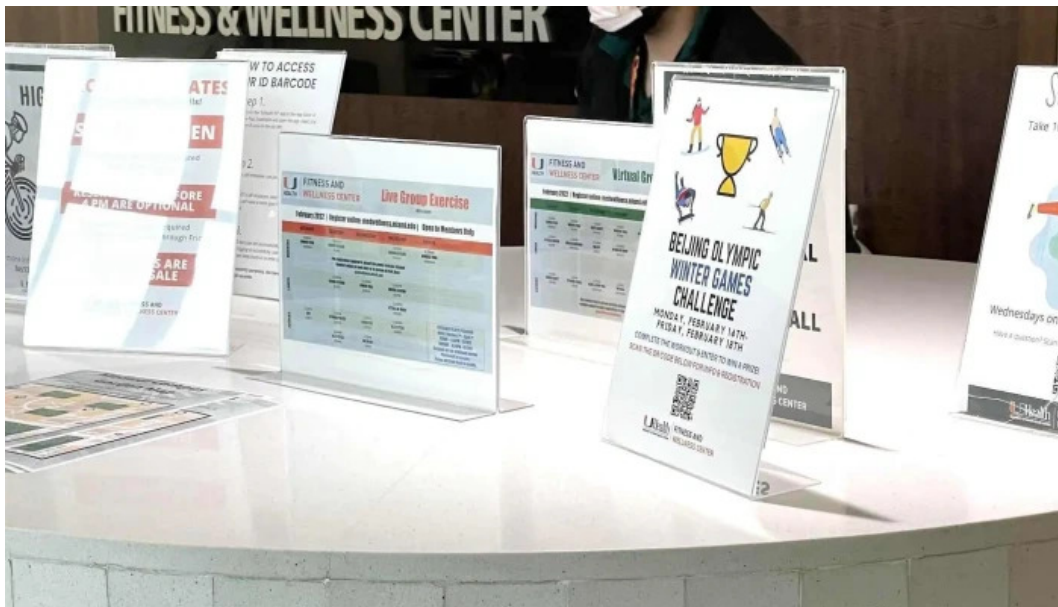
UHealth Fitness and Wellness Center - Miami

miami

☐ I'm not a robot
 

Published on: 07/05/25	Hits: 2410
Comments: 1	See comments
Votes: 241	Score: 4.7

https://www.electrofitness.com/gym/miami/uhealth-fitness-and-wellness-center-miami_278261.php



miami

UHealth Fitness and Wellness Center - Miami

UHealth Fitness and Wellness Center: A Premier Gym Experience in Miami

Welcome to the UHealth Fitness and Wellness Center, a top-notch fitness facility located in Miami, Florida. This gym is not just about getting fit; it embodies a philosophy of health, wellness, and community, catering specifically to the needs of its members.

Accessibility and Amenities

UHealth Fitness and Wellness Center stands out with its ****wheelchair-accessible features****, including a ****wheelchair-accessible**

entrance**, **car park**, and **toilets**. These facilities ensure that everyone can enjoy their workout experience without barriers. Moreover, the gym provides ample **service options** for individuals with different needs, making it a welcoming environment for all. Members can take advantage of various **amenities** including a **sauna**, which is perfect for relaxation post-workout. Additionally, the presence of **gender-neutral toilets** and a focus on cleanliness contribute to a comfortable experience for all visitors.

Membership Requirements and Planning

Membership at UHealth is required, providing an exclusive environment primarily for University of Miami affiliates and hospital employees. This creates a unique community atmosphere where members can engage with each other, sharing fitness goals and achievements. The planning of classes, which includes **online classes**, allows for flexibility in schedules, accommodating even the busiest lifestyles.

A Comprehensive Fitness Facility

The gym boasts state-of-the-art equipment that meets a variety of workout needs—whether you're into cardio, strength training, or group classes. Members praise the professionalism of the staff and their commitment to maintaining a clean and organized space. With plenty of parking available and a convenient location, UHealth is an ideal choice for many. However, some members have voiced concerns regarding the numerous signs throughout the facility. While these are intended to enhance safety and adherence to rules, the overwhelming quantity has led to some frustration among users. Many hope for a more balanced approach to signage that maintains guidelines while fostering a more enjoyable atmosphere.

Conclusion

Overall, the UHealth Fitness and Wellness Center is a fantastic option for anyone looking to improve their physical health in Miami. With a focus on accessibility, professional staff, and comprehensive facilities, it provides everything necessary for a well-rounded fitness experience. For those contemplating membership, consider visiting to see if this gym aligns with your fitness aspirations and requirements.

We are at

1120 NW 14th St 9th Floor, 33136 Miami, Florida - United States (US)

The phone number of the respective **Gym** is +1305-243-7662

And if you want to send a WhatsApp, you can do so at +1305-243-7662

Our public attention hours are:

Day Hours
Monday
6?AM–9?PM
Tuesday
8?AM–5?PM
Wednesday
Closed
Thursday
6?AM–9?PM
Friday
6?AM–9?PM
Saturday
6?AM–9?PM
Sunday
6?AM–9?PM

The website is [UHealth Fitness and Wellness Center](#)

If you wish to change any detail that you feel is not precise regarding this web, please send a message so we can we will fix it promptly. Thank you in advance thank you very much.

Images



Uhealth fitness and wellness center website



Uhealth fitness and wellness center videos



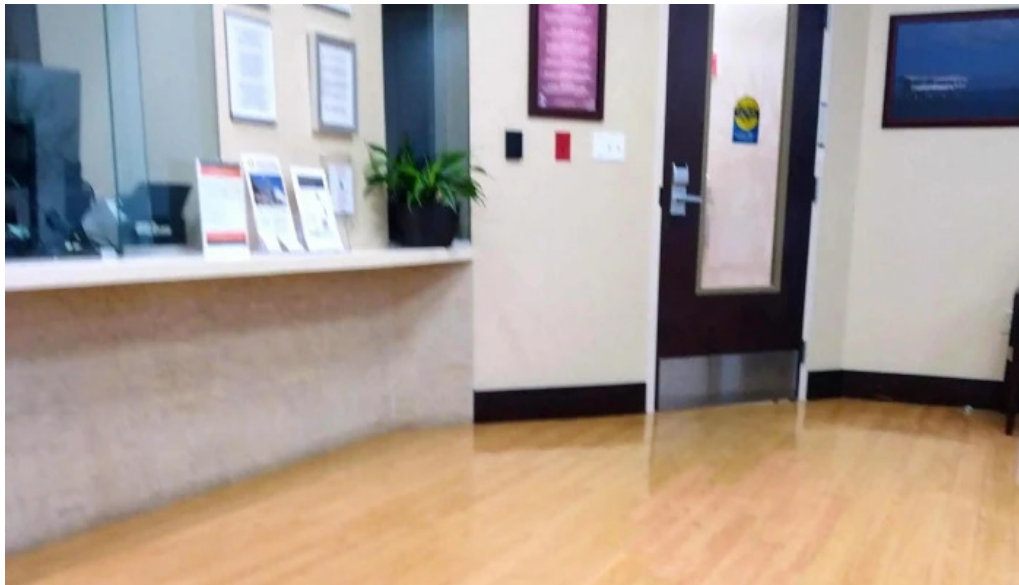
Uhealth fitness and wellness center street view 360deg



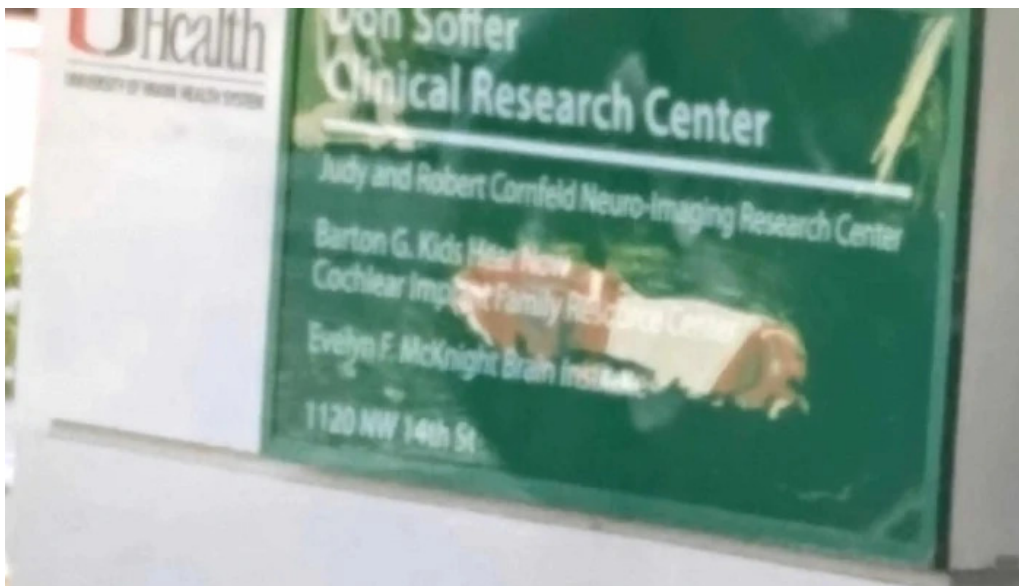
Uhealth fitness and wellness center score



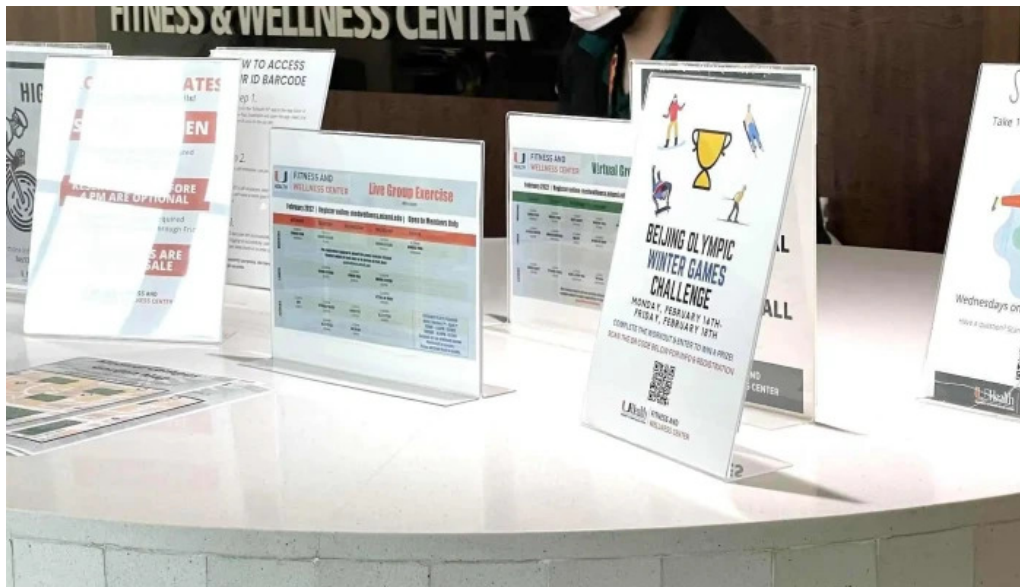
Uhealth fitness and wellness center reviews



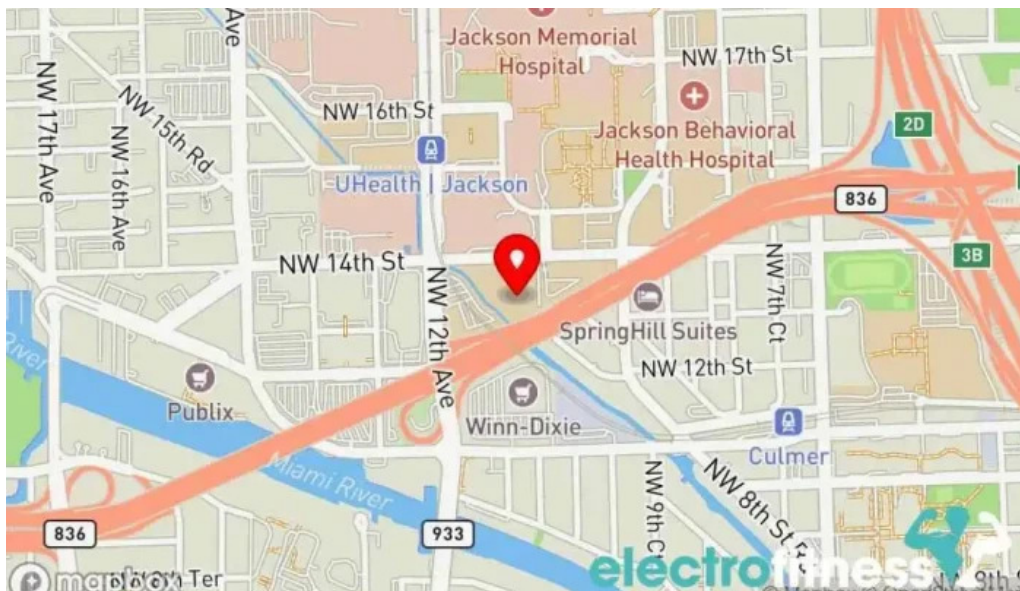
Uhealth fitness and wellness center prices



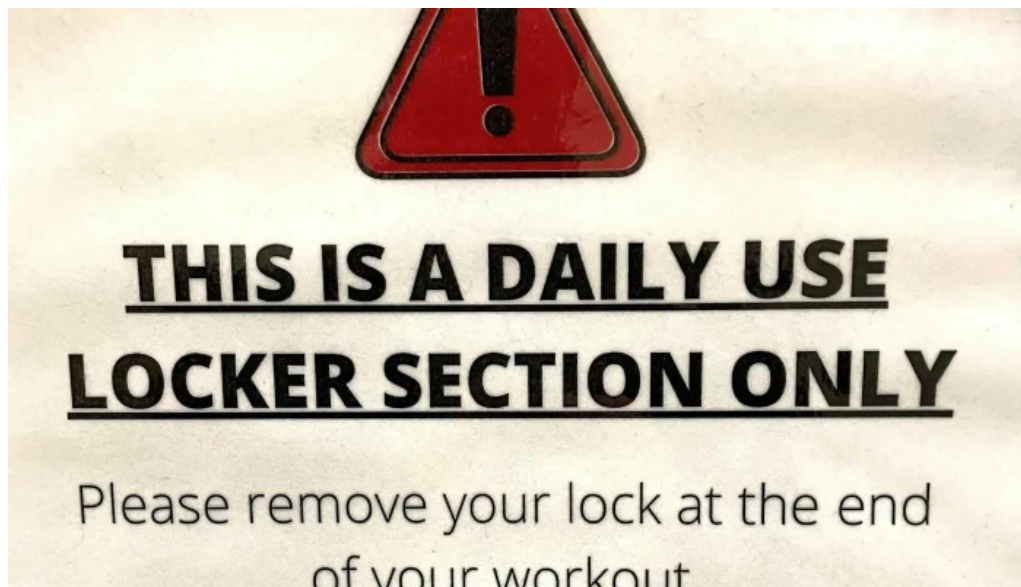
Uhealth fitness and wellness center number



Uhealth fitness and wellness center miami



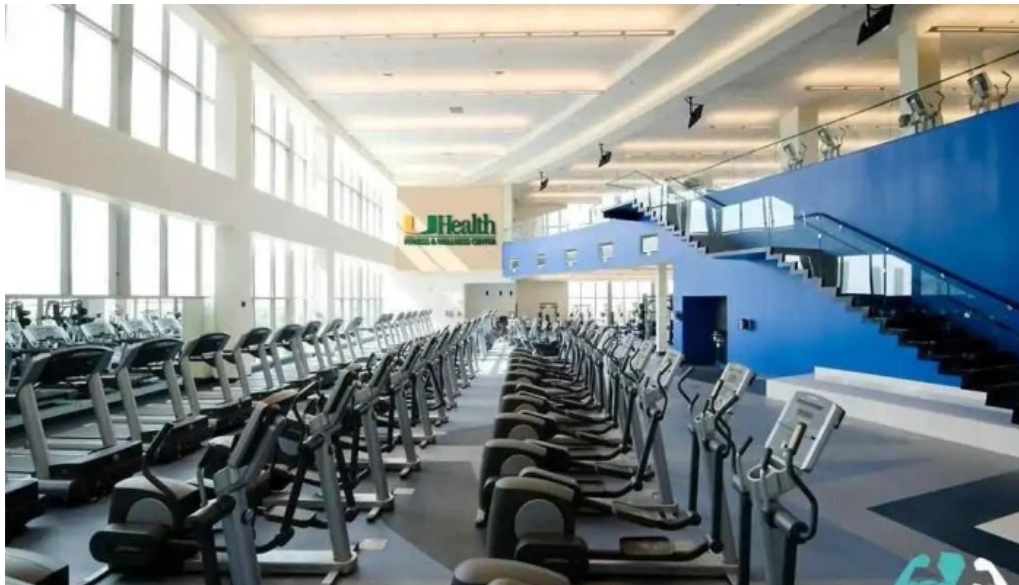
Uhealth fitness and wellness center map



Uhealth fitness and wellness center how to get there



Uhealth fitness and wellness center gym



Uhealth fitness and wellness center all

Tags

Amenities, Planning, Service options, Toilet, Membership required, Wheelchair-accessible entrance, Wheelchair-accessible toilet, On-site services, Sauna, Wheelchair-accessible car park, Gender-neutral toilets, Accessibility, Online classes

Related content

5.0 * *Kripalu Yoga and Wellness Center - Adams Center*

4.9 * *Rejuvenate Wellness Center - Kirksville*

4.5 * *University of North Dakota : Wellness Center - Grand Forks*

4.5 * *Ecu Health Wellness Center - Ahoskie - Ahoskie*

4.9 * *Royce and Pam Money Student Recreation and Wellness Center - Abilene*

4.8 * *Uf Health Fitness and Wellness Center - Gainesville*

5.0 * *Neurologic Optimal Wellness - Agawam*

4.4 * *Chickasaw Nation Wellness Center - Ada*

5.0 * *Pink Salt Wellness - Oakland*

4.3 * *Waukon Wellness Center - Waukon*

Comments

Emma Cooper

07-05-25 07:27

Very neat and tidy. I never find it too packed whenever I visit. Absolutely fantastic that classes come with the membership at no extra cost. Ample lockers and showers available. The hot tub is simply marvelous!

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