

## Crunch Fitness - East Colonial - Orlando

orlando

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orlando

## *Crunch Fitness - East Colonial - Orlando*

### **Discover Crunch Fitness - East Colonial in Orlando, Florida**

Located in the heart of Orlando, **\*\*Crunch Fitness - East Colonial\*\*** offers an impressive range of amenities and a welcoming atmosphere, making it a fantastic choice for fitness enthusiasts of all levels.

### **Amenities That Enhance Your Workout Experience**

At Crunch Fitness, members enjoy a variety of amenities designed to support their fitness journey. The gym is equipped with: - **\*\*State-of-the-art equipment\*\***: From cardio machines to strength training equipment, everything is

well-maintained and regularly inspected to ensure functionality. - **Sauna**: A perfect way to relax after an intense workout session. - **Shower facilities**: Clean and accessible, providing convenience for members who want to freshen up post-exercise. - **Wi-Fi**: While there have been mixed reviews about Wi-Fi availability, many members appreciate having access for their devices during workouts. Moreover, the gym incorporates **wheelchair-accessible entrances and toilets**, ensuring that everyone can enjoy the facilities comfortably.

## **Community Atmosphere and Supportive Environment**

One of the standout features of Crunch Fitness - East Colonial is its vibrant community and friendly staff. Members frequently praise the **welcoming atmosphere**, noting that the front desk crew, including familiar faces like Ciarra, Terry, and Oscar, always greet them with smiles. This sense of community fosters connections among gym-goers, making every visit a positive experience. Personal trainers, such as Ennis and Matthew, are highly recommended for their knowledge, support, and ability to motivate clients to achieve their fitness goals. With their help, many members report significant improvements in strength and overall health.

## **Planning Your Visits with Ease**

While the gym is known for its bustling environment—especially during peak hours (3 PM to 7 PM)—many members find that with appropriate planning, they can enjoy a productive workout without long waits for equipment. It's advisable to visit early in the morning or late at night to avoid crowds.

## **Accessibility for Everyone**

With **wheelchair-accessible car parks** and restrooms, Crunch Fitness ensures inclusivity for all members. The management is dedicated to maintaining a clean and safe environment, though some customers have noted that cleanliness could be improved in certain areas.

## **Membership Requirements and Considerations**

Membership is required to access the facilities, and it's important for potential members to review the terms carefully. While many find the pricing reasonable given the amenities available, others have reported issues related to billing practices. It's crucial to be aware of policies regarding cancellation and payment terms to avoid unexpected fees. In conclusion, Crunch Fitness - East Colonial stands out for its commitment to creating a supportive and engaging fitness environment. With ample amenities and a strong sense of community, it offers a great space for anyone looking to enhance their fitness journey. For both seasoned gym-goers and newcomers, this location provides valuable resources to help achieve personal health objectives.

**Our establishment is located at**

3222 E Colonial Dr, 32803 Orlando, Florida - United States (US)

The phone of the respective **Gym** is +1407-813-2411

And if you want to send a WhatsApp, you can do so at +1407-813-2411

## **Our opening hours are:**

Day Hours  
Monday  
5?AM–12?AM  
Tuesday  
Open 24 hours  
Wednesday  
Open 24 hours  
Thursday  
Open 24 hours  
Friday  
Open 24 hours  
Saturday  
12?AM–7?PM  
Sunday  
7?AM–7?PM

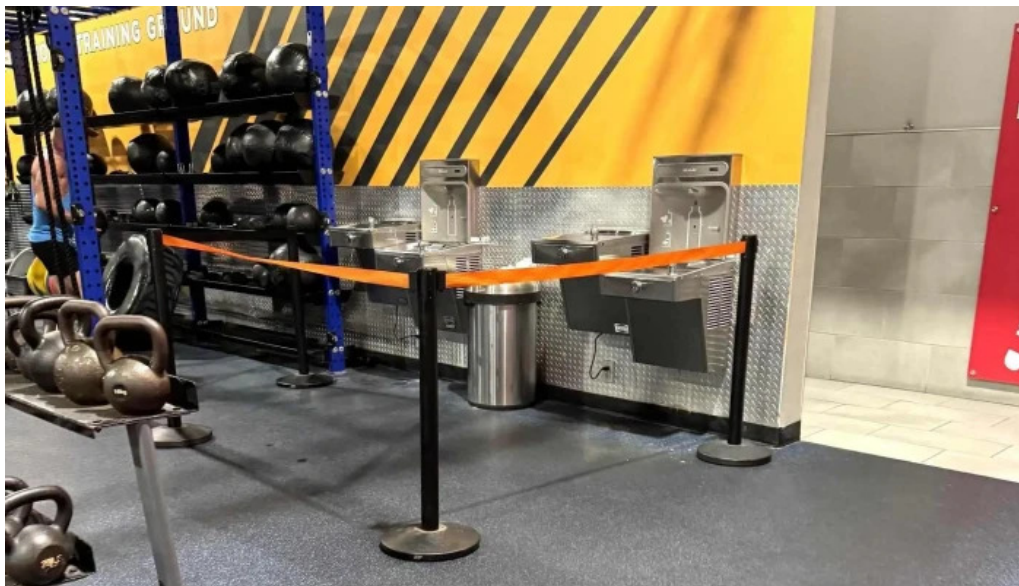
The website is Crunch Fitness - East Colonial

If necessary to update any detail that you feel is incorrect about this site, we ask deliver a message so that we will handle it as soon as possible. In advance thanks.

## **Images**



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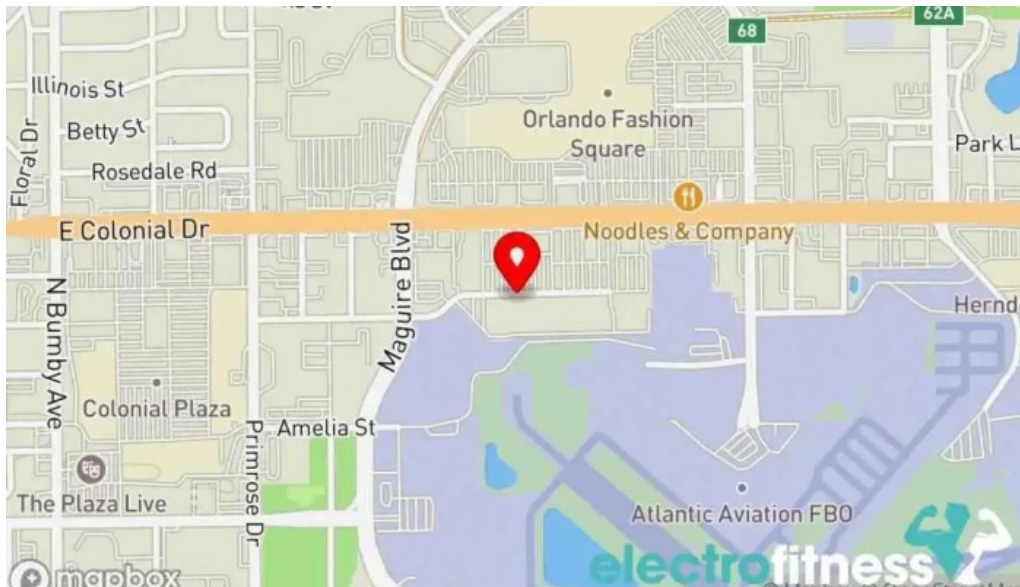
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## Tags

*Wheelchair-accessible car park, Planning, Membership required, Sauna, Amenities, Wi-Fi, Shower, Wheelchair-accessible toilet, Accessibility, Atmosphere, Wheelchair-accessible entrance, Toilet*

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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 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
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