

## F45 Training Avalon Park - Orlando

orlando



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orlando

## *F45 Training Avalon Park - Orlando*

### **Discover F45 Training Avalon Park: A Premier Fitness Destination in Orlando**

F45 Training Avalon Park stands out as one of the most vibrant gym options in Orlando, Florida, offering an exciting blend of on-site services and a sense of community that is hard to beat.

#### **On-Site Services and Amenities**

At F45 Avalon Park, members can enjoy numerous **\*\*on-site services\*\*** tailored to enhance their fitness journey. The facility boasts **\*\*wheelchair-accessible**

entrances\*\* and a \*\*wheelchair-accessible car park\*\* to ensure everyone can participate comfortably. With a focus on inclusivity, the gym features \*\*gender-neutral toilets\*\* and facilities that are \*\*LGBTQ+ friendly\*\*, providing a welcoming environment for all.

## **Planning Your Visit**

It's important to note that an \*\*appointment is required\*\* to join classes at F45. This structured scheduling helps maintain a controllable \*\*crowd\*\*, ensuring that everyone gets the attention they deserve during workouts. While some users have noted that communication could improve, especially regarding class schedules during late mornings and early afternoons, the overall experience remains rewarding.

## **A Unique Workout Experience**

F45 provides a fantastic format that is accessible for beginners while remaining challenging for seasoned fitness enthusiasts. Each workout lasts \*\*45 minutes\*\* on weekdays and one hour on weekends, featuring experienced trainers and coaches who motivate and guide participants through dynamic sessions. The varied exercises keep routines fresh and engaging. Many members have reported noticeable results within just a month of consistent attendance, praising the trainers' ability to modify workouts to accommodate individual needs.

## **Community and Coaching**

One of the standout features of F45 Avalon Park is its strong sense of community. Members appreciate the supportive atmosphere fostered by knowledgeable coaches who are always ready to assist and encourage. Positive feedback highlights the energy and enthusiasm of trainers, making it feel less like a chore and more like a fun experience. Newcomers have expressed how comfortable they feel in this gym setting, often surprising themselves with how much they enjoy the workouts.

## **Final Thoughts: A Place for Everyone**

In conclusion, F45 Training Avalon Park represents an excellent choice for anyone seeking to meet their fitness goals in a supportive and inclusive environment. With its accessible services, dedicated coaching staff, and a lively community atmosphere, it's an ideal place for individuals at any fitness level. If you're looking for a gym that truly understands your needs and motivates you to achieve your best, F45 Avalon Park is definitely worth considering.

## **We are established at**

12001 Avalon Lake Dr Suite C, 32828 Orlando, Florida - United States (US)

The phone of the respective **Gym** is +1407-220-0745

And if you want to send a WhatsApp, you can do so at [+1407-220-0745](https://wa.me/14072200745)

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

Day Hours  
Monday  
5?AM–8?PM  
Tuesday  
5?AM–8?PM  
Wednesday  
5?AM–8?PM  
Thursday  
5?AM–8?PM  
Friday  
5?AM–6:30?PM  
Saturday  
8–11:30?AM  
Sunday  
8–11?AM

The website is [F45 Training Avalon Park](#)

If necessary to change any element that you believe is incorrect related to this site, we kindly request send a message and we will correct it at the earliest convenience. In advance we appreciate it.

## **Images**

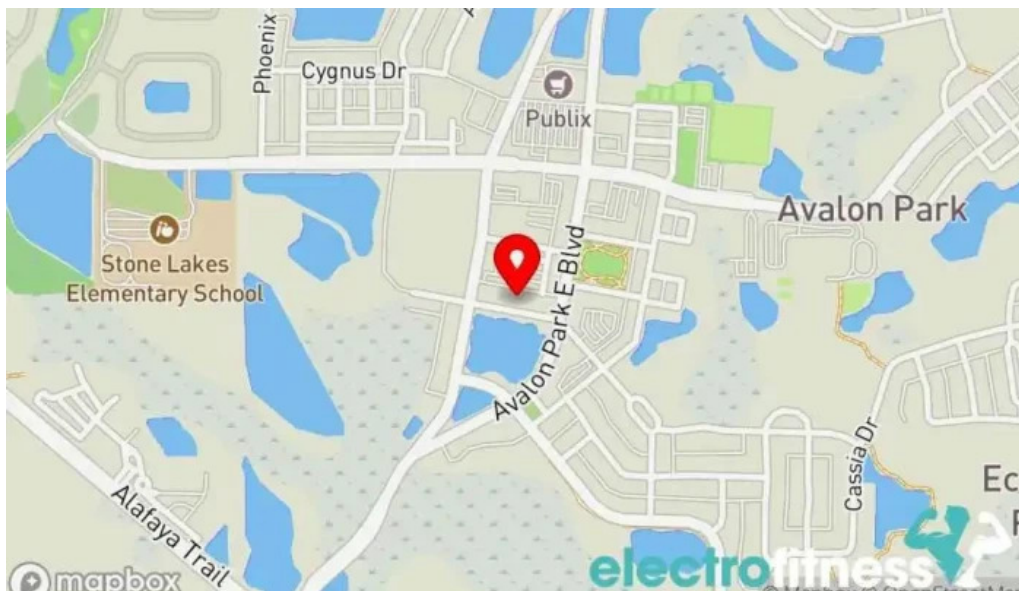


*F45 training avalon park street view 360deg*

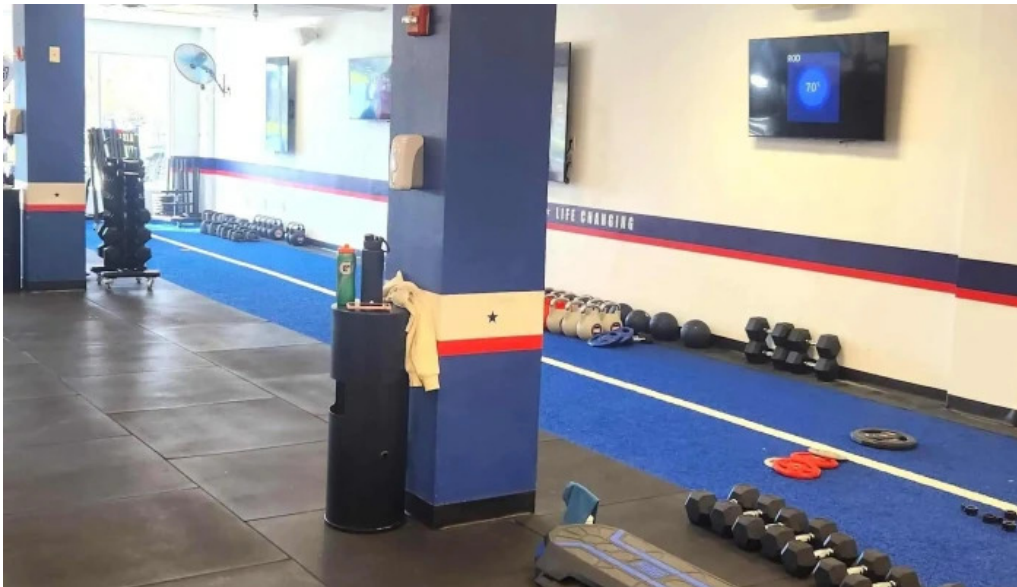




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*F45 training avalon park gym*



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## Tags

*LGBTQ+ friendly, Toilet, Crowd, Wheelchair-accessible car park, Wheelchair-accessible entrance, Amenities, Planning, Appointment required, Service options, Accessibility, Membership required, On-site services, Gender-neutral toilets*

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apartment complex
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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
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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
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swimming instructor
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