

## F45 Training Baldwin Park Fl - Orlando

orlando

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### *F45 Training Baldwin Park Fl - Orlando*

#### **Discover F45 Training Baldwin Park, FL: Your New Fitness Haven**

If you're looking for a gym that combines a challenging workout experience with a sense of community, look no further than **F45 Training Baldwin Park** in Orlando, Florida. This gym stands out not just for its exceptional fitness programs but also for its commitment to inclusivity and support.

#### **Accessibility and Community**

F45 Training Baldwin Park boasts a **wheelchair-accessible car park**, ensuring ease of access for everyone. As a **LGBTQ+ friendly** establishment that identifies as **women-owned**, it showcases a welcoming environment for all members of the community. The collective spirit among the crowd is palpable, making it a motivating space for individuals from all walks of life.

## **Workout Philosophy and Structure**

F45 offers high-intensity workouts designed to fit into your busy lifestyle. Each session lasts just 45 minutes, focusing on functional fitness through a mix of strength, cardio, and interval training. The **on-site services** include personalized coaching, ensuring that you receive modifications and support tailored to your fitness level.

## **Membership and Class Scheduling**

At F45, **membership is required**, but many find the investment worthwhile due to the quality of training provided. Classes are available and vary each day, keeping the workouts fresh and exciting. While planning your sessions, it is important to note that an **appointment is required** to reserve your spot, particularly during peak hours.

## **Supportive Environment**

The atmosphere at F45 Baldwin Park has been described as both encouraging and fun. Many members report forming lasting friendships, emphasizing how the supportive community makes every workout rewarding. The trainers are known for their positive energy and expertise, helping participants improve their form and stay motivated throughout the session.

## **Why Choose F45 Baldwin Park?**

F45 Training Baldwin Park is more than just a gym; it's a transformative experience. From the well-structured workouts to the warm and inviting community, new members often find themselves looking forward to their next class. If you're ready to elevate your fitness journey in a vibrant and supportive environment, F45 Baldwin Park is your destination.

## **Join Today!**

Whether you're a seasoned athlete or new to fitness, F45 Training Baldwin Park is designed to meet your needs. Find your place in this active community and take the first step toward achieving your fitness goals. Join today and discover why so many have fallen in love with F45!

**You can visit us at the address:**

4841 New Broad St, 32814 Orlando, Florida - United States (US)

The phone number of the mentioned **Gym** is +1407-392-0727

And if you want to send a WhatsApp, you can do so at +1407-392-0727

**Visit us during the following hours:**

Day	Hours
Monday	5:30?AM–7:15?PM
Tuesday	5:30?AM–7:15?PM
Wednesday	5:30?AM–7:15?PM
Thursday	5:30?AM–7:15?PM
Friday	5:30?AM–6:15?PM
Saturday	8:15–11:45?AM
Sunday	9–11?AM

The website is F45 Training Baldwin Park FL

If you need to update any detail that you believe is not correct related to this page, we urge you to forward a message so that we will adjust it as soon as possible. Thanks beforehand thanks for your cooperation.

**Images**



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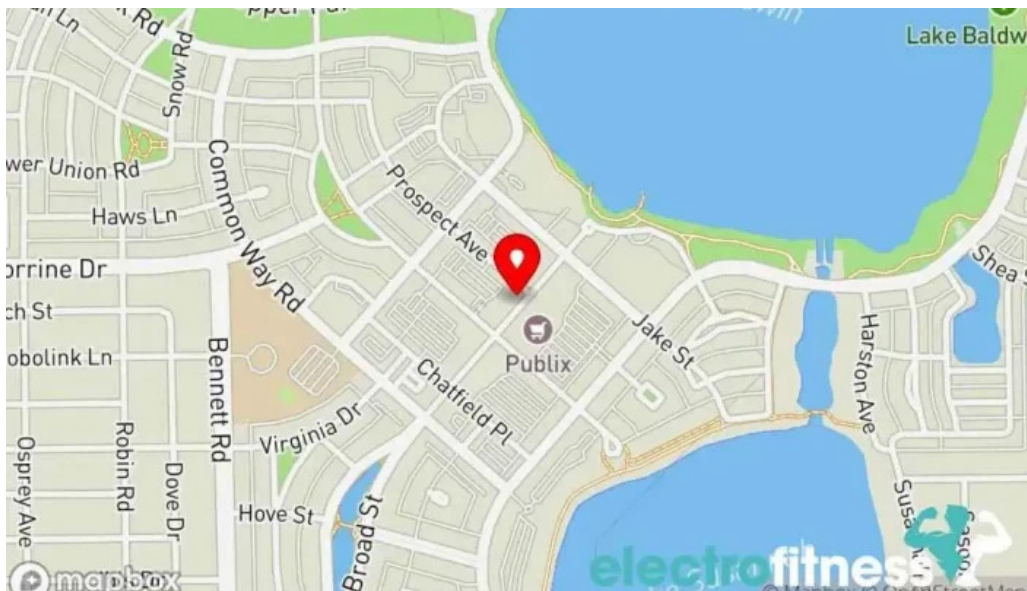


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## Tags

*Planning, On-site services, From the business, Identifies as women-owned, Service options, Accessibility, LGBTQ+ friendly, Membership required, Crowd, Appointment required, Wheelchair-accessible car park*

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<b>4.8 *</b>	<i>F45 Training Chandler North - Chandler</i>
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academic department
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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
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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
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