

La Fitness - Orlando

orlando

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https://www.electrofitness.com/gym/orlando/la-fitness-orlando_269170.php



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La Fitness - Orlando

LA Fitness in Orlando, Florida: A Closer Look

LA Fitness at Waterford Lakes is a popular choice among fitness enthusiasts in Orlando, Florida. Known for its welcoming atmosphere and diverse amenities, this gym provides a range of on-site services to cater to the needs of its members.

Amenities and Accessibility

This location offers impressive ****amenities****, including a ****swimming pool****, ****sauna****, and even a ****basketball court****. ****Accessibility**** is also a priority; the

gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it convenient for everyone to enjoy their fitness journey.

The Atmosphere and Experience

The **atmosphere** at LA Fitness is often described as friendly and motivating. Many members appreciate the cleanliness and maintenance of the gym, although some have raised concerns about hygiene in specific areas like the showers and locker rooms. Nevertheless, the positive energy brought by staff like Laura and trainers like Eric enhances the overall experience. Members frequently note how attentive and professional the staff are, contributing to a vibrant training environment.

Class Offerings and Personal Training

With a variety of **service options**, including fitness classes such as Zumba led by enthusiastic instructors like Guadalupe, LA Fitness ensures that members can find enjoyable ways to stay active. Those seeking personalized guidance can also benefit from personal training sessions, helping them achieve their fitness goals in a supportive setting.

Membership Required

To take advantage of all that LA Fitness has to offer, a **membership is required**. The membership fee grants access to a wide range of equipment and facilities, including spacious workout areas and classes that cater to all fitness levels. However, some reviews suggest that past members have expressed disappointment regarding the value offered for the membership cost, particularly when considering cleanliness issues.

Conclusion

In summary, LA Fitness in Orlando is a well-equipped gym with various **amenities** and a generally inviting **atmosphere** for fitness lovers. While the facility has received mixed reviews—particularly regarding cleanliness—the welcoming staff, accessibility features, and diverse class options make it a solid choice for those looking to enhance their fitness journey. Whether you're diving into a swimming session or sweating it out in a body works class, LA Fitness aims to support every member in achieving their health and wellness goals.

The business is situated at

815 N Alafaya Trail, 32828 Orlando, Florida - United States (US)

The contact line of this **Gym** is +1407-380-1526

And if you want to send a WhatsApp, you can do so at +1407-380-1526

Our opening hours are:

Day	Hours
Monday	5?AM–11?PM
Tuesday	5?AM–11?PM
Wednesday	5?AM–11?PM
Thursday	5?AM–11?PM
Friday	5?AM–9?PM
Saturday	8?AM–7?PM
Sunday	8?AM–7?PM

The website is [LA Fitness](#)

If you require to adjust any detail that you believe is incorrect concerning this site, we urge you to send a message and we will adjust it quickly. Thank you in advance thanks for your cooperation.

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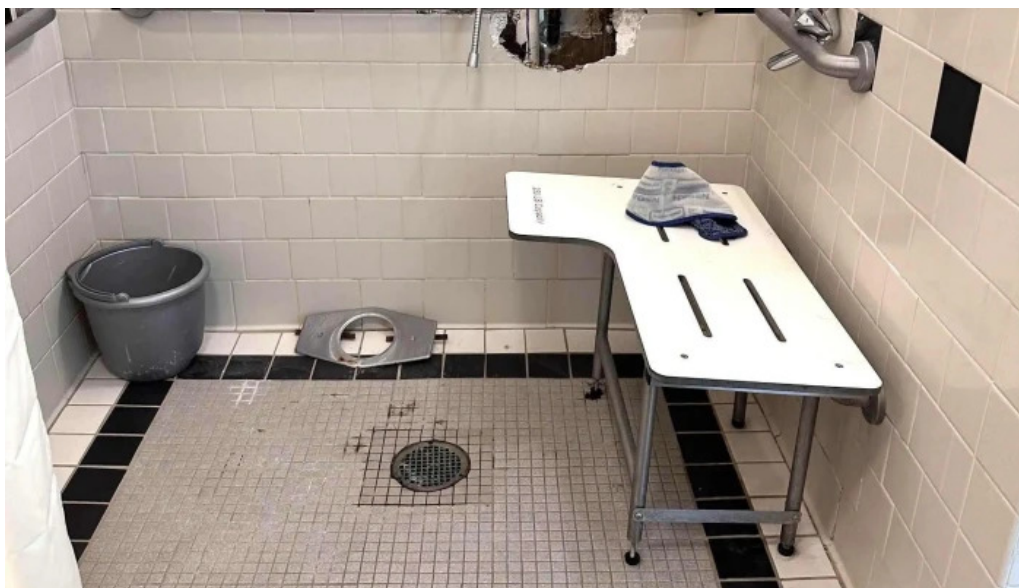
La fitness how to get there



La fitness gym



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La fitness area



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Tags

Service options, Sauna, Swimming pool, On-site services, Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility, Amenities, Basketball court, Membership required, Atmosphere, Shower, Planning

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