

Ethos Sports & Fitness - Oviedo

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Ethos Sports & Fitness - Oviedo

Welcome to Ethos Sports & Fitness in Oviedo, Florida

If you're looking for a gym that goes beyond the ordinary, **Ethos Sports & Fitness** is your destination. This gym proudly identifies as women-owned and serves as a **Transgender safe space**, ensuring a welcoming environment for all members of the community.

Amenities and Accessibility

At Ethos, accessibility is a priority. The facility features a **wheelchair-accessible entrance** and **wheelchair-accessible seating**, making it easier for everyone to enjoy their fitness journey. For added convenience, there are gender-neutral toilets available, and an **on-site parking** lot that includes **wheelchair-accessible car park** options.

Parking Made Easy

Finding a place to park shouldn't be a hassle. Ethos offers **free of charge street parking** as well as a **free parking lot** for its members. Whether you're dropping in for a quick workout or planning to stay longer, you'll find ample parking available.

Community Environment

One of the standout features of Ethos is its **crowd**. The gym fosters a family-friendly atmosphere where everyone feels like they belong. Members regularly mention how supportive and encouraging the staff and fellow members are, making every visit enjoyable and empowering.

Engaging Training Options

Ethos Sports & Fitness provides a variety of **online classes** to suit different fitness levels and preferences. Whether you're a beginner or an experienced athlete, there are tailored programs available. As mentioned by satisfied members, the training is always challenging yet fun, allowing you to grow both physically and mentally.

About Our Coaches

The coaching team at Ethos is praised for their expertise and attention to detail. They ensure each workout is effectively scaled to meet individual needs. Members have highlighted their positive experiences with coaches like Wayne, who motivates and guides participants through their fitness journeys. Having undergone significant transformations, many members credit the coaching style as key to their success.

Membership and Service Options

To make the most of your experience, a **membership is required**. Ethos offers various membership plans that cater to different lifestyles, ensuring everyone can find the right fit. It's important to note that some services may require an **appointment**.

Wi-Fi and On-Site Services

The gym is equipped with Wi-Fi for those who need to stay connected. Additionally, on-site services are provided to enhance your overall experience, making Ethos a one-stop shop for fitness and wellness.

Join Us Today!

Whether you're just starting or are a seasoned veteran, Ethos Sports & Fitness is here to support your fitness goals. With its **LGBTQ+ friendly** environment, diverse programming, and commitment to community, there's no better place to begin or continue your health journey. Don't hesitate—come and experience everything Ethos has to offer!

We are found at

571 S Econ Cir, 32765 Oviedo, Florida - United States (US)

The contact line of this **Gym** is +1407-375-0038

And if you want to send a WhatsApp, you can do so at +1407-375-0038

Visit us during the following hours:

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

The website is ETHOS SPORTS & FITNESS

If you require to alter any detail that you consider is not precise related to this web, we ask send us a message so we can we will fix it at the earliest

convenience. Thanks beforehand we appreciate it.

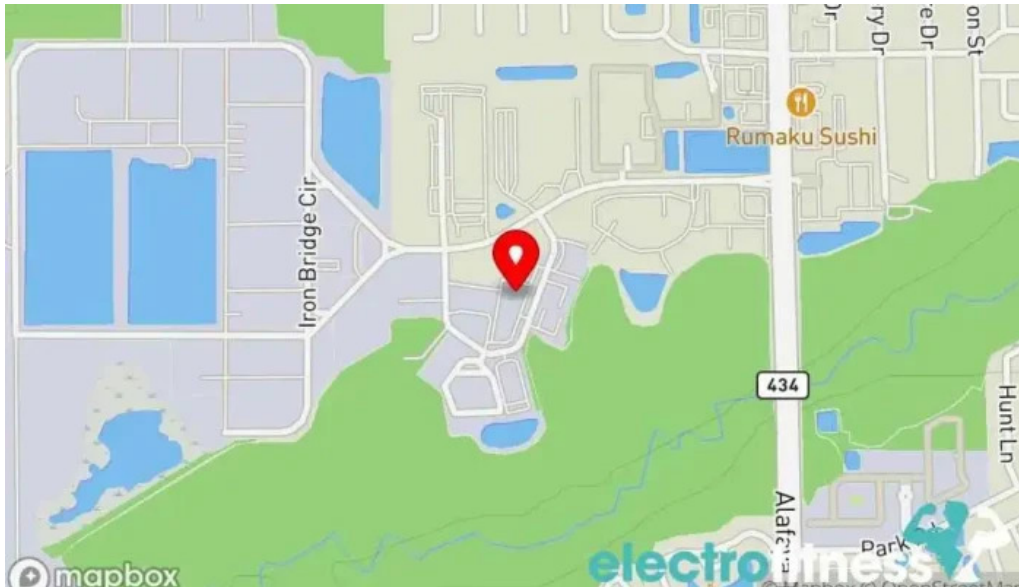
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Ethos sports fitness street view 360deg



Ethos sports fitness oviedo



Ethos sports fitness map



Ethos sports fitness gym



Ethos sports fitness by owner



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Tags

Amenities, Gender-neutral toilets, Parking, Outdoor services, Wi-Fi, Free of charge street parking, On-site parking, Wheelchair-accessible car park, Online classes, Toilet, Service options, Appointment required, On-site services, Wheelchair-accessible seating, Wheelchair-accessible entrance, From the business, Accessibility, Transgender safe space, Crowd, Identifies as women-owned, LGBTQ+ friendly, Free parking lot, Planning, Membership required

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