

F45 Training Valparaiso - Valparaiso

valparaiso

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valparaiso

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F45 Training Valparaiso: Your Ultimate Fitness Destination

Welcome to **F45 Training Valparaiso**, where your fitness journey begins with careful **planning** and dedication. Located in Valparaiso, IN, F45 is committed to providing an inclusive environment for everyone.

Accessibility Features

At F45 Training Valparaiso, we understand the importance of **accessibility** for

all our members. That's why we have implemented several features to ensure that our facility is welcoming to everyone, including:
Wheelchair-accessible car park available for easy access. A smooth and **wheelchair-accessible entrance** so you can enter the gym without any hassle.

Membership Requirements

Becoming a part of the F45 community is simple! To enjoy our state-of-the-art facilities and expert training programs, a **membership is required**. Our memberships are designed to cater to a variety of fitness goals and lifestyles.

Join Us Today!

Experience the unique training methods at F45 Training Valparaiso. With a focus on both physical fitness and accessibility, we invite you to join our community and achieve your health goals!

Our address is

2272 Lincoln Hwy, W US Hwy 30, 46385 Valparaiso, IN - United States (US)

The contact line of said **Gym** is +1219-286-6719

And if you want to send a WhatsApp, you can do so at +1219-286-6719

Our opening hours are:

Day Hours
Monday
6?AM–6?PM
Tuesday
6?AM–6?PM
Wednesday
6?AM–6?PM
Thursday
6?AM–6?PM
Friday
6?AM–6?PM
Saturday
6?AM–6?PM
Sunday
6?AM–6?PM

The website is [F45 Training Valparaiso](#)

If necessary to update any element that you believe is incorrect concerning this page, we kindly request send us a message so that we will handle it quickly. In advance thank you very much.

Images



F45 training valparaiso videos



F45 training valparaiso valparaiso



F45 training valparaiso street view 360



F45 training valparaiso map

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	AM	AM	AM	AM		
5:00	5:00	5:00	5:00	5:00		
6:00	6:00	6:00	6:00	6:00		
7:00	7:00	7:00	7:00	7:00		
8:30	8:30	8:30	8:30	8:30	AM	AM
9:30		9:30		9:30	7:30	8:00
					8:45	9:00
PM	PM	PM	PM	PM		
4:00	4:00	4:00	4:00	4:00		
5:00	5:00	5:00	5:00	5:00		

Effective February 14

F45 training valparaiso latest



F45 training valparaiso gym



F45 training valparaiso all

Tags

Wheelchair-accessible entrance, Membership required, Accessibility, Wheelchair-accessible car park, Planning

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