

F45 Training Columbia Heights - Washington

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F45 Training Columbia Heights - Washington

Discover F45 Training Columbia Heights

F45 Training Columbia Heights, located in Washington, DC, offers a unique workout experience that combines functional training with community spirit. This gym is dedicated to providing an inclusive and supportive environment for all fitness levels.

Service Options

F45 Columbia Heights provides a range of service options designed to cater to

diverse preferences. Whether you prefer cardio classes, resistance training, or a hybrid of both, there's something for everyone. The 45-minute classes are not only efficient but also perfect for those looking to squeeze in a workout during their lunch breaks.

Accessibility

One of the standout features of this location is its ****wheelchair-accessible entrance****, making it accessible for all members of the community. The gym's commitment to accessibility ensures everyone feels welcome and included.

Amenities

F45 Columbia Heights is equipped with top-notch amenities to enhance your workout experience. Although there are no locker rooms or showers, the focus on personal attention and support from trainers compensates for this. The environment is designed to be friendly and inviting, encouraging members to engage fully in their workouts.

Wi-Fi and On-site Services

Free ****Wi-Fi**** is available for all members, allowing you to stay connected before or after your workouts. The ****on-site services**** at F45 include expert trainers who provide personalized coaching and assistance with form corrections throughout the classes. Members often express appreciation for the trainers' dedication to ensuring they perform exercises correctly, which minimizes injury risks and maximizes workout efficiency.

The Community Vibe

The community at F45 Columbia Heights is one of its most praised aspects. Many members have formed friendships and found encouragement within this supportive environment. This camaraderie, combined with engaging workouts led by passionate coaches, creates a motivational atmosphere that keeps members coming back.

Why Choose F45 Columbia Heights?

Whether you are a seasoned athlete or a beginner, F45 Columbia Heights has something to offer. With small class sizes, personalized attention from instructors, and a variety of challenging workouts, it stands out as a premier fitness destination. Many members rave about the positive impact this gym has had on their health and well-being. If you're looking for a welcoming community where you can achieve your fitness goals, F45 Training Columbia Heights is highly recommended. Don't miss the chance to check out their intro offers and see why so many have transformed their fitness journey here.

Our business is located at

1400 Irving St NW Unit 150, 20010 Washington, District of Columbia - United States (US)

The phone of the mentioned **Gym** is +1202-240-2681

And if you want to send a WhatsApp, you can do so at +1202-240-2681

You can visit us at the following hours:

Day	Hours
Monday	6:45AM–7:15PM
Tuesday	6:45AM–7:15PM
Wednesday	6:45AM–7:15PM
Thursday	6:45AM–4PM
Friday	8:45–11:15AM
Saturday	9:15–11:30AM
Sunday	6:45AM–7:15PM

The website is F45 Training Columbia Heights

If you wish to update any data that you think is not correct related to this page, we urge you to send a message so that we will adjust it quickly. Thank you in advance thank you very much.

Images



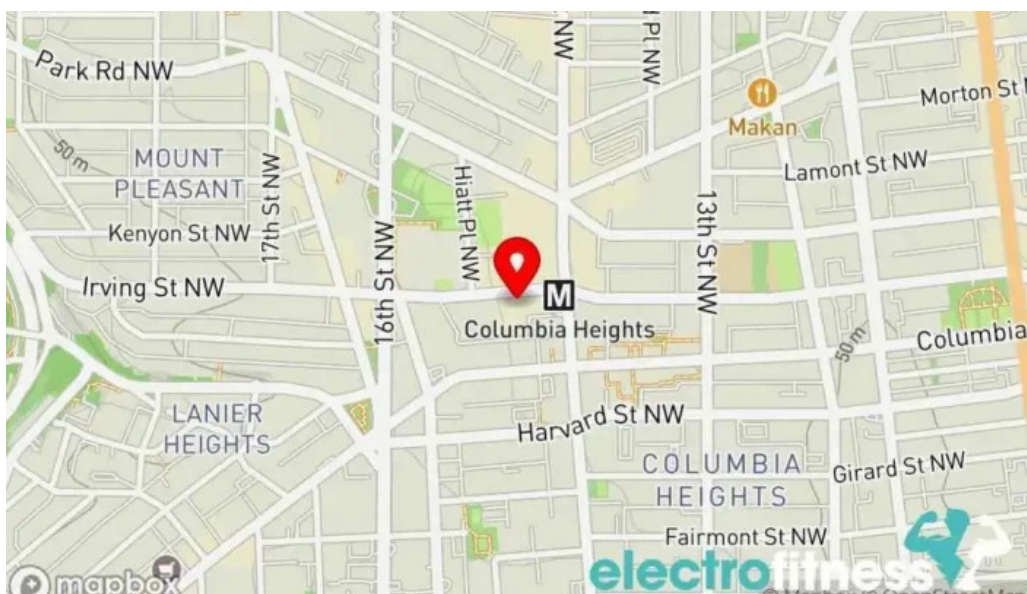
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Tags

Wheelchair-accessible entrance, Service options, Amenities, Accessibility, On-site services, Wi-Fi

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