

Cmt Fitness ® - Miami

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Cmt Fitness ® - Miami

Experience Top-Notch Personal Training at CMT Fitness® in Miami, Florida

If you're searching for a ****personal trainer**** in Miami, look no further than CMT Fitness ®. With a focus on ****accessibility**** and personalized training, CMT Fitness is designed to accommodate clients from all walks of life.

Accessibility and Amenities

CMT Fitness takes pride in being ****wheelchair-accessible****, featuring a ****wheelchair-accessible car park**** and entrance. This ensures that everyone

can access the training facilities comfortably. The gym also includes a ****wheelchair-accessible toilet**** and other essential ****amenities**** that make your workout experience smooth and enjoyable. Appointments are highly recommended, allowing trainers to provide the best possible attention to each client. The commitment to ****accessibility**** does not just stop at physical access; it extends to tailoring sessions based on individual needs, making sure everyone can benefit from high-quality fitness training.

Training with Anas: A Personalized Approach

Many clients have had transformative experiences working with Anas, a leading personal trainer at CMT Fitness. His deep understanding of body mechanics stems from his background as an exercise physiologist, allowing him to create effective and safe workout plans tailored to each client's limitations and goals. Clients have praised Anas for his dedication and innovative approach. One user noted, "Anas is an amazing trainer... he has done a great job helping me to strengthen all while progressing at a safe pace." This personalization means that every session is crafted with care, keeping clients' unique situations in mind.

Outstanding Results

Results speak volumes, and Anas's clients have experienced impressive transformations. Testimonials highlight significant losses in body fat and gains in muscle mass within short periods. For instance, one client reported losing 4.5 lbs and decreasing their body fat by 3% in less than a month. Another mentioned going from 23% body fat to 18% in just three months! Moreover, many clients have found their overall health improved. One testimonial states, "In just 3 weeks training with CMT Fitness I can honestly say I feel healthier than ever." These statements reflect the effectiveness of Anas's training philosophy, emphasizing science-backed methods and adjustments according to the client's physical state.

A Positive Environment

What sets CMT Fitness apart is not just the expertise but also the positive energy brought into every session. Anas is known for his humor and motivational approach, creating an environment that encourages clients to push past their limits while having fun. As one client put it, "His positive energy, motivational approach, and humor made each session enjoyable and inspiring."

Conclusion

CMT Fitness in Miami stands out as a comprehensive training facility that focuses on accessibility and personalized attention. The commitment to client success is evident through the outstanding results achieved under the guidance of Anas. Whether you require a structured fitness plan or need a trainer who

understands your specific requirements, CMT Fitness is equipped to help you reach your goals. If you're ready to kickstart your fitness journey, consider scheduling your appointment today!

You can come to our business at

50 Biscayne Blvd, 33132 Miami, Florida - United States (US)

The phone of this **Personal trainer** is +1570-762-2322

And if you want to send a WhatsApp, you can do so at +1570-762-2322

Visit us during the following hours:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is CMT Fitness ®

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Images



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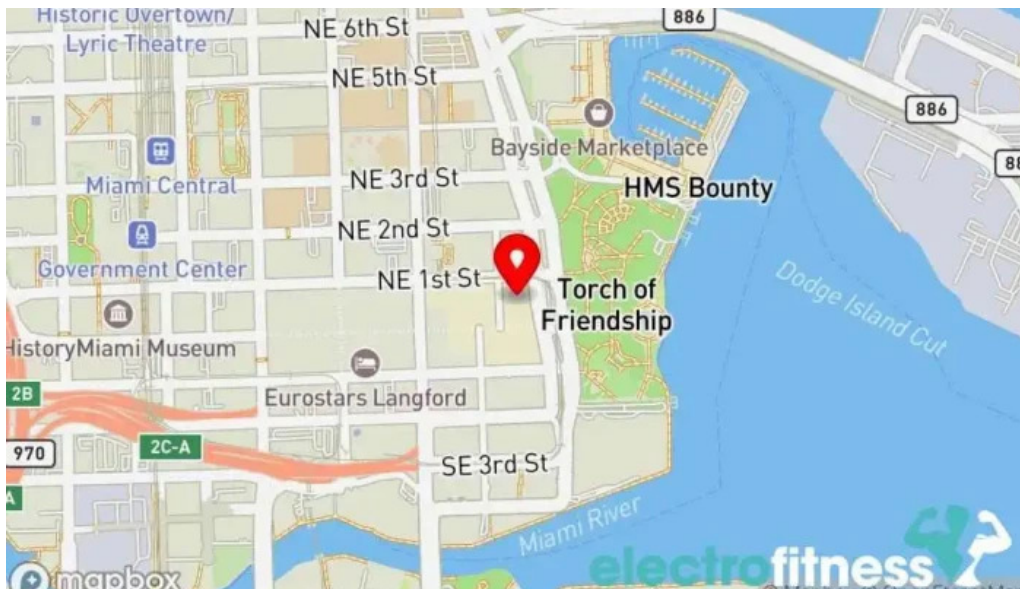
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Tags

Wheelchair-accessible entrance, Toilet, Appointments recommended, Wheelchair-accessible toilet, Wheelchair-accessible car park, Planning, Amenities, Accessibility

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