

Concept 21 Fitness - Miami

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Concept 21 Fitness - Miami

Transform Your Fitness Journey at Concept 21 Fitness

If you are looking for a ****personal trainer**** in Miami, Florida, look no further than **Concept 21 Fitness**. Under the guidance of Yanni, clients experience a tailored approach to fitness that meets their individual needs and goals.

Appointments Recommended

To ensure every client receives personalized attention, **appointments are**

recommended. This allows Yanniell to focus on your unique fitness journey, tailoring workouts that fit your specific objectives. Whether you prefer online training or in-person sessions, the flexibility in scheduling makes it convenient for everyone.

Accessibility and Amenities

Concept 21 Fitness prioritizes **accessibility** for all clients. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy a welcoming environment. Additionally, the gym maintains clean facilities, including a **wheelchair-accessible toilet**.

Personalized Planning for Success

At Concept 21 Fitness, the planning process is thorough and individualized. Clients receive a detailed meal plan that incorporates various options, accommodating personal preferences and dietary restrictions. Yanniell's expertise enables him to customize both workout routines and meal plans, ensuring optimal results whether your goal is to lose weight or build muscle.

Client-Centric Approach

The feedback from clients speaks volumes about Yanniell's approach. Many emphasize his patience, professional knowledge, and constant motivation. One satisfied client shared, "I've dropped to 145 pounds and have developed a whole new mindset toward fitness." This transformation is a testament to Yanniell's dedication.

Why Choose Concept 21 Fitness?

Motivating Environment: Clients describe their sessions as challenging, motivating, and even fun! **Results-Oriented Training:** Many clients report visible changes within weeks, thanks to the tailored workouts. **Professional Expertise:** Yanniell's comprehensive knowledge of fitness and nutrition helps clients achieve their goals efficiently.

Join the Community

Concept 21 Fitness is not just a gym; it's a community where you can gain confidence and support on your fitness journey. As one client stated, "Yanniell treats all of his clients as family and loves to see each of us improve." If you're in Miami and ready to change your life through fitness, consider booking an appointment at Concept 21 Fitness. You won't regret taking this step towards a healthier, happier you!

The business is situated at

1001 SW 67th Ave, 33144 Miami, Florida - United States (US)

The phone of this **Personal trainer** is +1305-793-0343

And if you want to send a WhatsApp, you can do so at +1305-793-0343

Our business hours are:

Day	Hours
Monday	6?AM–12?PM
Tuesday	8?AM–12?PM
Wednesday	Closed
Thursday	6?AM–6?PM
Friday	6?AM–6?PM
Saturday	6?AM–6?PM
Sunday	6?AM–6?PM

The website is CONCEPT 21 FITNESS

If you require to adjust any information that you consider is incorrect related to this page, we urge you to send us a message and we will adjust it as soon as possible. Thank you in advance thank you very much.

Images



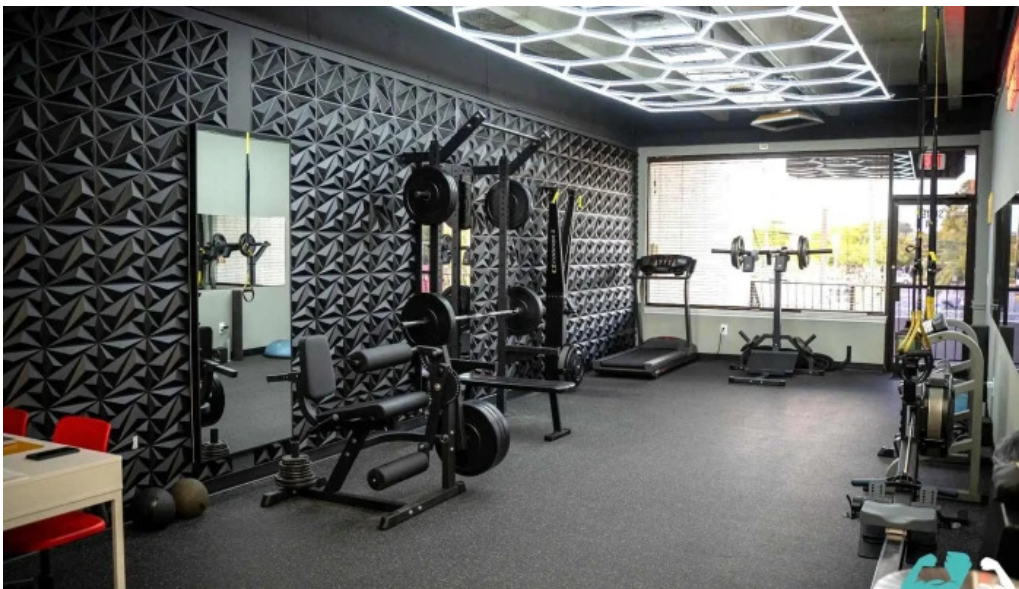
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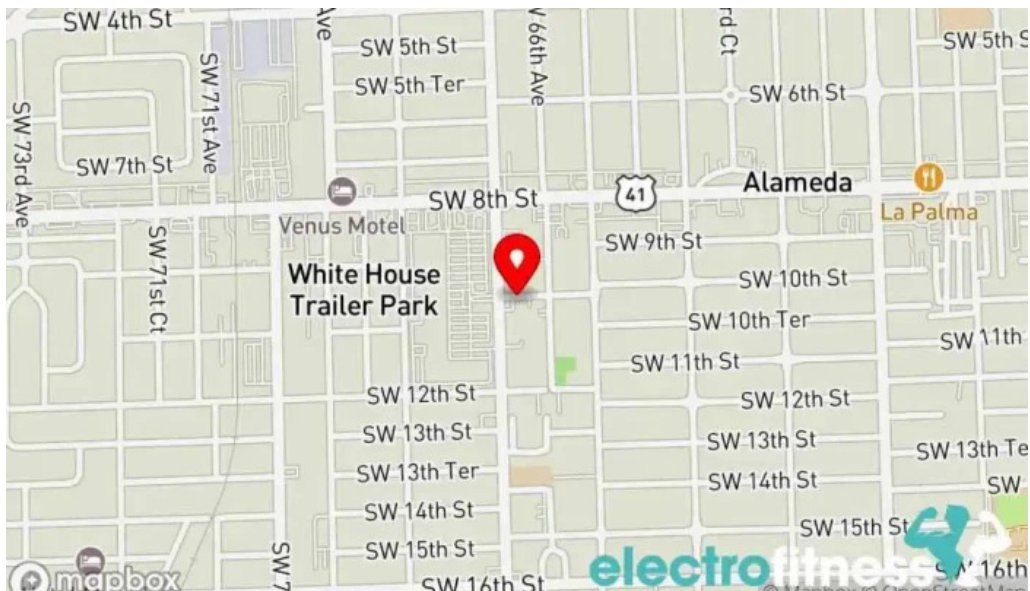
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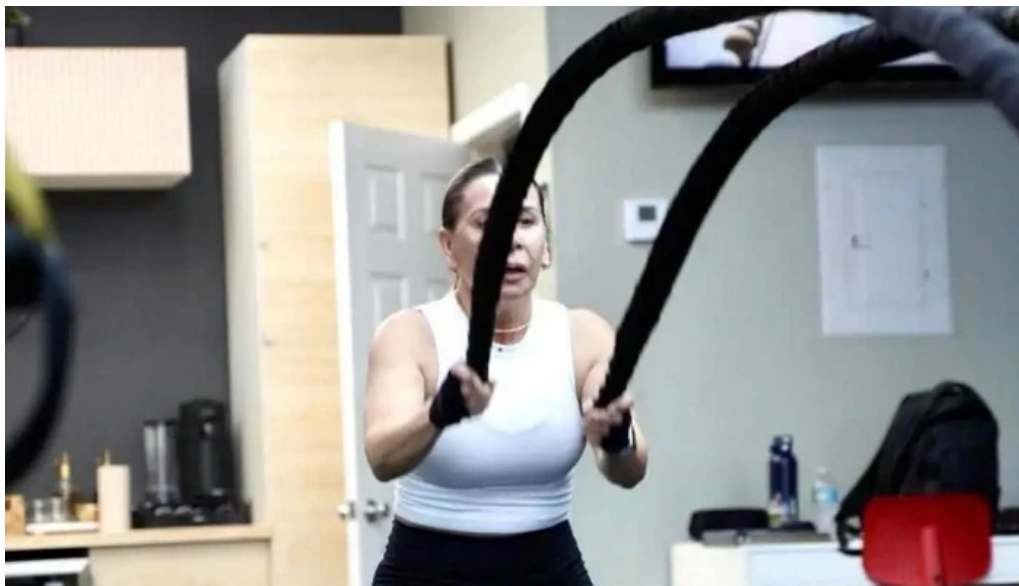
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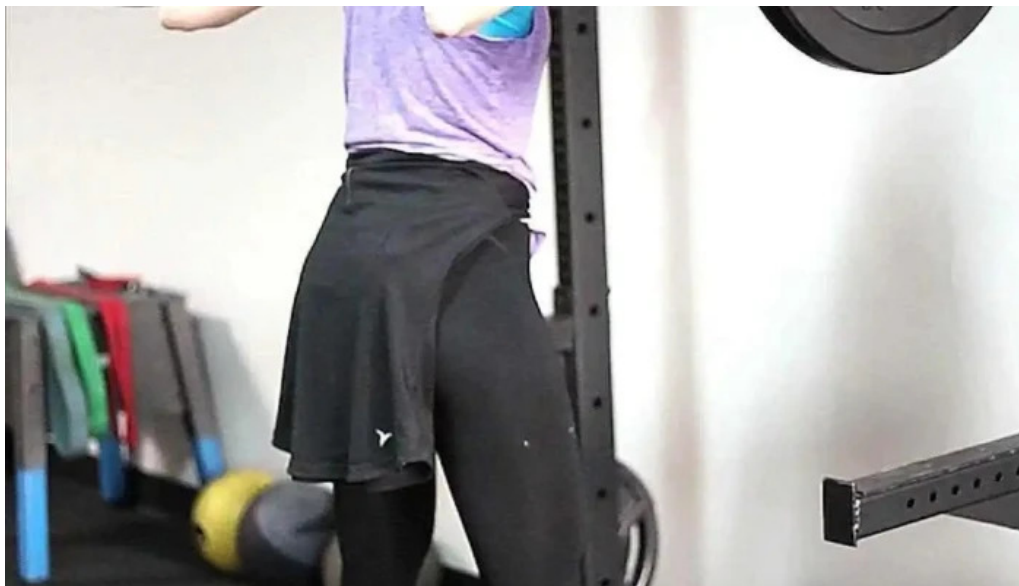
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Tags

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

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