

Era Fit - Miami

miami



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https://www.electrofitness.com/personal-trainer/miami/era-fit-miami_278369.php



Date	Age	Height	Weight	% Body Fat	Lean Mass	SUM 10	Quads & Ham	Priorities	Measured in cm											
									Chin	Chest	Pectorals	Triceps	Subscapularis	Midaxillary	Supra-iliac	Umbilical	Knee	Calves	Quadriceps	Hamstring
10/19/2024	26	66	142	11.4	125.8	69.8	37.0	1) Hamstring 2) Supra-iliac 3) Calves	5.0	7.0	3.6	7.0	7.2	6.0	10.0	7.2	5.4	11.4	14.0	23.0
09/27/2024	26	66	139.1	12.2	122.1	73.2	39.0	1) Hamstring 2) Calves 3) Supra-iliac	5.0	7.0	4.0	7.0	8.0	6.0	10.0	8.0	6.2	12.0	15.0	24.0
08/15/2024	25	66	141.1	13.0	122.8	77.5	37.0	1) Calves 2) Hamstring 3) Supra-iliac	5.4	6.8	3.2	11.8	7.0	5.8	10.0	8.0	6.7	12.8	15.0	22.0
07/12/2024	25	66	136.9	14.0	117.8	82.2	38.8	1) Calves 2) Hamstring 3) Supra-iliac	5.4	7.6	3.8	12.0	6.8	6.0	10.0	10.0	6.2	14.4	15.0	23.8
06/06/2024	25	66	137.6	14.8	117.3	87.1	39.8	1) Calves 2) Hamstring 3) Supra-iliac	6.0	7.2	4.0	12.1	6.8	6.0	11.2	10.2	7.2	16.4	14.8	25.0
								1) Calves	5.2	8.0	5.6	14.4	7.2	6.8	12.2	12.8	8.2	18.2	15.2	25.0

miami

Era Fit - Miami

Discover ERA Fit: Your Premier Personal Training Experience in Miami

If you're looking for a transformative fitness journey in Miami, **ERA Fit** stands out as an exceptional personal training facility. With its comprehensive programs, dedicated trainers, and welcoming atmosphere, it's the perfect place for anyone seeking to reach their fitness goals.

Outdoor Services and Atmosphere

One of the unique offerings at ERA Fit is their **outdoor services** that allow you to enjoy training sessions in the refreshing Miami weather. The

****atmosphere**** here is vibrant and motivating, making it easy to stay committed to your fitness journey. As one satisfied member shared, the gym enables you to establish a “solid network of like-minded individuals who work hard and play hard.”

Amenities That Enhance Your Experience

ERA Fit boasts top-notch ****amenities****, including: - ****Sauna**** for recovery - ****Gender-neutral toilets**** - ****Wheelchair-accessible toilets**** - ****Showers**** for post-workout refreshment - ****On-site services**** for nutrition and workout guidance The ****wheelchair-accessible entrance**** and ****car park**** ensure that everyone can enjoy the benefits of fitness, making it an inclusive space for all.

Highly Personalized Planning and Service Options

At ERA Fit, ****service options**** include one-on-one training sessions tailored to your specific goals. Clients are encouraged to schedule ****appointments****, with many trainers recommending booking sessions in advance to secure your desired time. The personalized approach not only focuses on strength training but also incorporates thoughtful ****planning**** regarding nutrition and lifestyle habits.

Client Testimonials: Real Results from Real People

Client testimonials highlight the effectiveness of the ERA Fit programs. One member noted that under the guidance of Coach Anthony, they saw a remarkable reduction in body fat while gaining muscle mass. Another shared, “I couldn’t be happier with my experience,” emphasizing the supportive and professional environment created by the staff. The ****app**** that ERA Fit uses further enhances accountability, allowing clients to track their workouts, meal plans, and progress effectively. This data-driven methodology takes the guesswork out of fitness, ensuring you’re always on the right path toward your goals.

A Welcoming Environment with Exceptional Trainers

When you step into ERA Fit, you’re greeted by friendly staff dedicated to ensuring a positive experience. The trainers, renowned for their professionalism and expertise, go beyond just leading workouts; they foster a sense of community among members. As one client expressed, “It’s a place that genuinely cares about your progress.” Whether you’re utilizing the ****on-site parking**** or enjoying a workout surrounded by supportive peers, ERA Fit promises an inspiring environment that motivates you to reach your best self.

Conclusion: Join the ERA Fit Community Today!

With its blend of high-quality facilities, expert trainers, and a commitment to client success, ERA Fit isn’t just a gym; it’s a whole community dedicated to transformative health and wellness. If you’re ready to take the next step in your

fitness journey, consider joining this incredible fitness community in Miami. Whether you prefer online classes or personalized training, ERA Fit has it all. Don't just take our word for it—join today and discover your potential!

Our establishment is located at

51 NE 24th St, 33137 Miami, Florida - United States (US)

The phone number of the respective **Personal trainer** is +1630-865-5772
And if you want to send a WhatsApp, you can do so at +1630-865-5772

Our business hours are:

Day	Hours
Monday	6?AM–6?PM
Tuesday	8?AM–12?PM
Wednesday	Closed
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is ERA Fit

If necessary to change any data that you believe is incorrect concerning this portal, we ask send a message and we will adjust it at the earliest convenience. Thanks beforehand thanks for your cooperation.

Images



Era fit where



Era fit website



Era fit training



Era fit street view 360deg



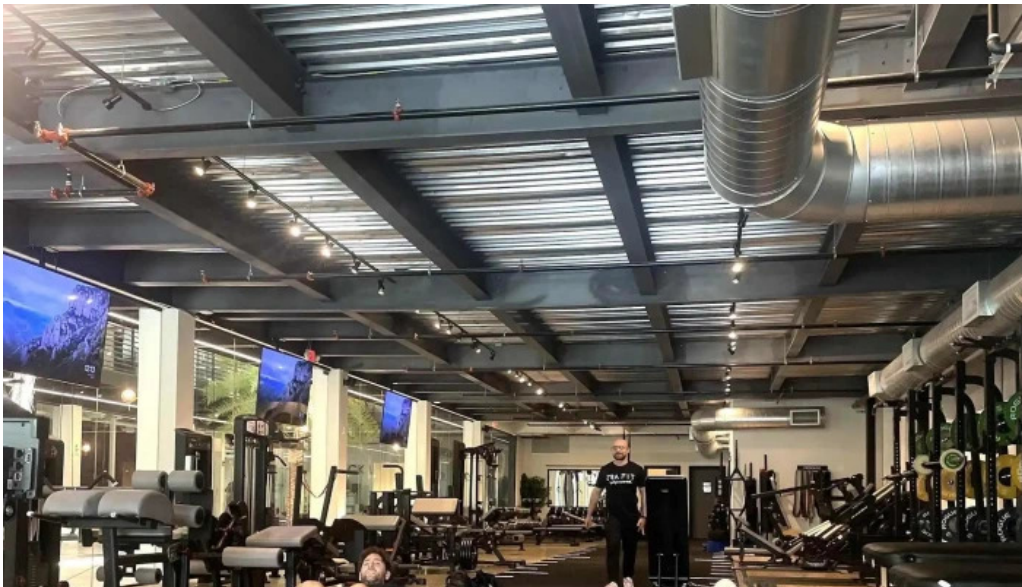
Era fit score



Era fit physical fitness



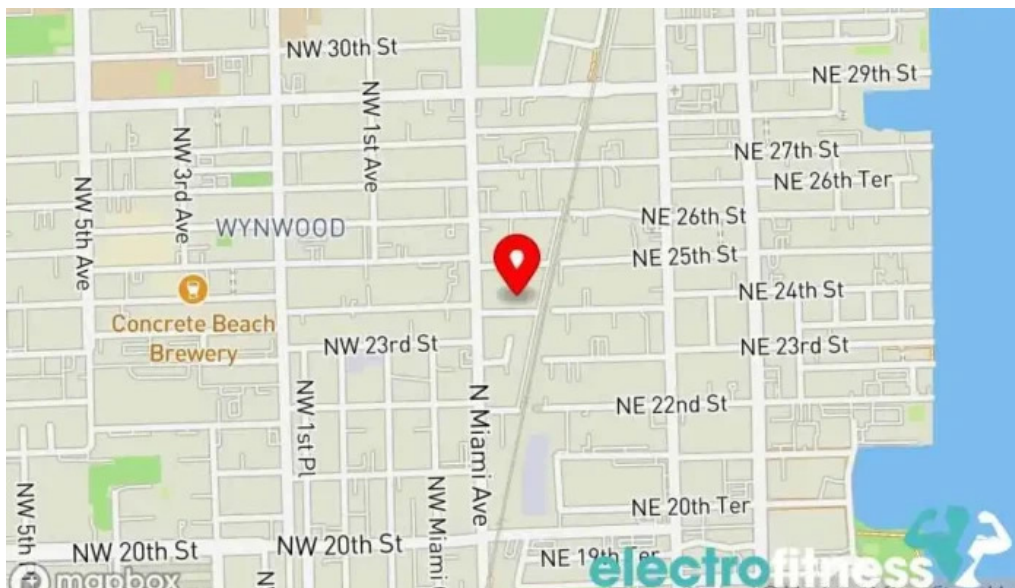
Era fit personal trainer



Era fit open now

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Era fit miami



Era fit map



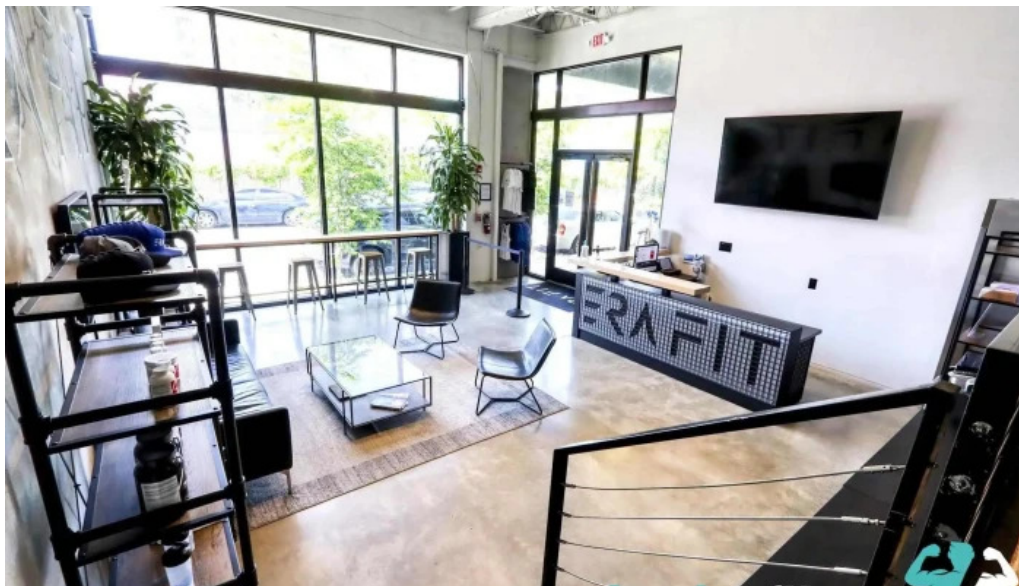
Era fit location



Era fit gym



Era fit catalog



Era fit by owner



Era fit all

Tags

Sauna, Atmosphere, Wheelchair-accessible car park, Shower, On-site services, On-site parking, Online classes, Toilet, Planning, Accessibility, Gender-neutral toilets, Appointments recommended, Outdoor services, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Service options, Parking, Amenities

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basketball club
basketball court
batting cage center
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church
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cultural center
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golf club
golf course
golf instructor
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gymnasium school
gymnastics center
hair salon
health consultant
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karate school
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kinesiotherapist
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