

Train Miami - Miami

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miami

Train Miami - Miami

Train Miami: Your Premier Personal Trainer in Miami, Florida

If you're looking for a dedicated and professional personal trainer in Miami, ****Train Miami**** led by Tony is your go-to destination. This facility not only offers extensive training options but also prioritizes inclusivity and accessibility for all clients.

Accessibility at Train Miami

One of the standout features of Train Miami is its ****wheelchair-accessible car park**** and ****entrance****, ensuring that everyone can access the gym without

hurdles. The **wheelchair-accessible seating** and well-maintained **toilets** further exemplify the commitment to providing a comfortable environment for all. Whether you need **on-site services** or prefer **outdoor services**, the planning at Train Miami accommodates your needs.

A Safe Space for Everyone

Tony's approach makes Train Miami not just a gym but a sanctuary for individuals from all backgrounds. The facility is proudly **LGBTQ+ friendly** and serves as a **transgender safe space**, promoting a positive atmosphere where everyone can feel welcome and supported.

Comprehensive Training Options

At Train Miami, appointments are required to ensure personalized attention. Tony's expertise shines through in personalized workout plans tailored to individual needs, making every session count. Clients have praised his ability to motivate and adjust training according to their physical capabilities, whether recovering from an injury or preparing for a bodybuilding competition.

Online Classes for Flexibility

For those who may not be able to attend in person, **online classes** provide flexible training options that fit your schedule. Regardless of how you choose to train, the focus remains on achieving your fitness goals with support and guidance from a dedicated professional.

A Thriving Community

The community at Train Miami is one of encouragement and growth. Clients frequently mention the **crowd** of like-minded individuals who share the journey towards better health and wellness. The supportive environment makes every workout a positive experience, helping individuals push their limits and celebrate progress together.

Amazing Amenities

Train Miami boasts excellent amenities that enhance your training experience. With a focus on creating a positive environment, clients feel motivated and energized during their sessions. The unique combination of physical and mental training makes it a holistic approach to fitness.

Testimonials Speak Volumes

Clients have raved about their experiences at Train Miami. From recovery after injuries to enhancing overall fitness, Tony's dedication and knowledge shine through. One client expressed, "Tony helped me with my therapy for a lumbar hernia surgery, and I am improving satisfactorily." Another said, "The improvement has been impressive," highlighting the transformative effects of his training.

Conclusion

In conclusion, Train Miami stands out as a premier personal training facility in Miami, Florida. With Tony's expertise, an inclusive atmosphere, and comprehensive training options, achieving your fitness goals has never been more accessible. Schedule your appointment today and begin your journey to a healthier, stronger you!

Our address is

3446 SW 8th St #201, 33135 Miami, Florida - United States (US)

The contact phone of the respective **Personal trainer** is +1305-767-6795
And if you want to send a WhatsApp, you can do so at +1305-767-6795

You can visit us at the following hours:

Day	Hours
Monday	6?AM–10?PM
Tuesday	6?AM–6?PM
Wednesday	8?AM–6?PM
Thursday	6?AM–10?PM
Friday	6?AM–10?PM
Saturday	6?AM–10?PM
Sunday	6?AM–10?PM

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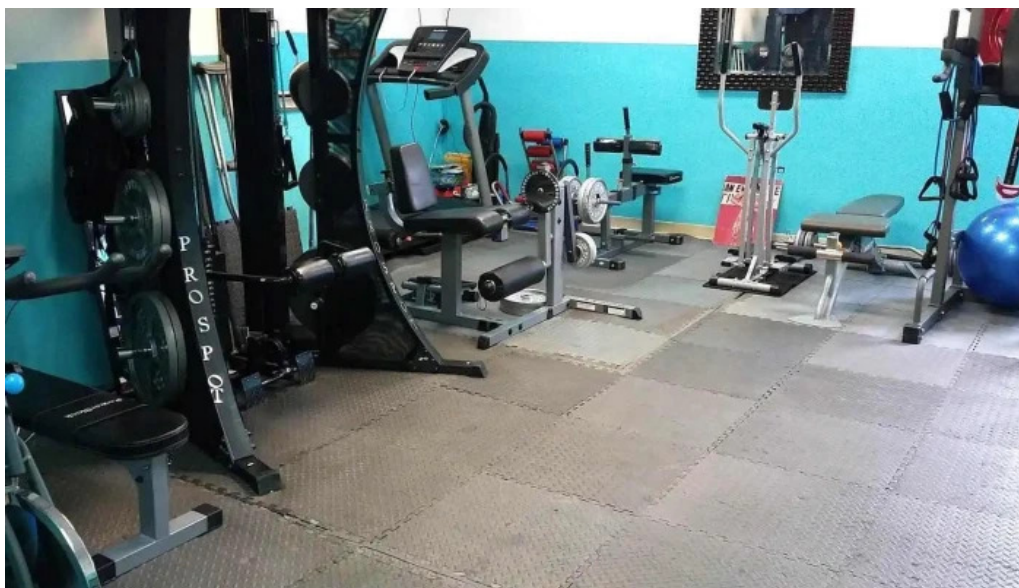
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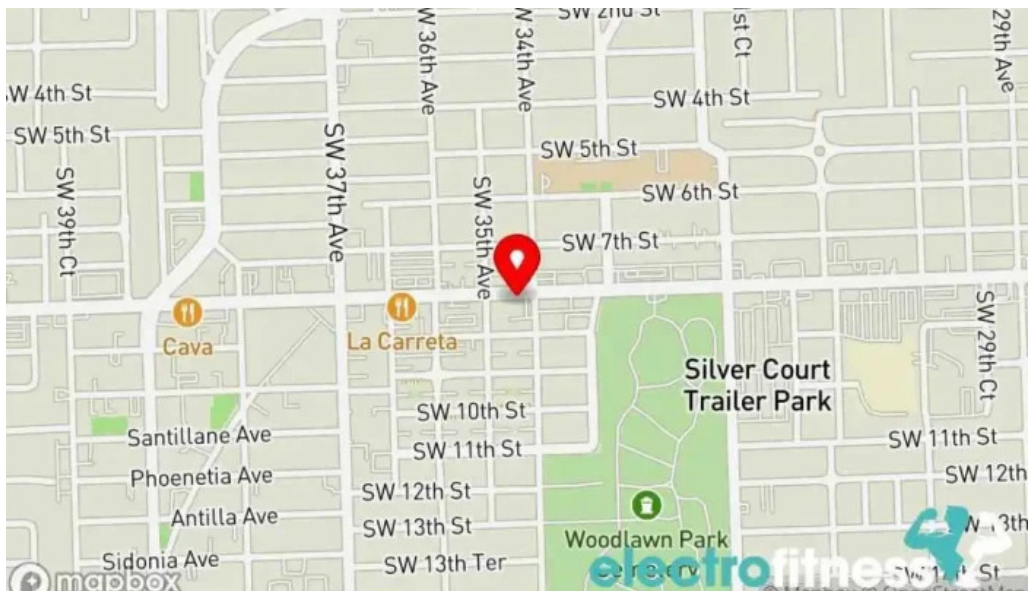
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Tags

Transgender safe space, Wheelchair-accessible seating, Crowd, Wheelchair-accessible car park, Service options, Online classes, LGBTQ+ friendly, Outdoor services, Amenities, Planning, Appointment required, Accessibility, On-site services, Wheelchair-accessible entrance, Toilet

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