

Freedom Fitness & Nutrition - North Fort Myers

north fort myers



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Freedom Fitness & Nutrition - North Fort Myers

Discover Freedom Fitness & Nutrition in North Fort Myers, FL

Freedom Fitness & Nutrition is not just another gym; it's a welcoming community dedicated to helping individuals achieve their personal fitness goals. Located in North Fort Myers, FL, this gym prides itself on its ****inclusive atmosphere****, making it an ideal choice for everyone—including those who identify as LGBTQ+.

Appointment Required for Personalized Service

One of the unique features of Freedom Fitness is that an ****appointment is required**** for training sessions. This approach ensures that every client receives personalized attention from highly trained professionals like Cheyenne and Tracy. Their dedication to individual progress creates a supportive environment where members feel comfortable and not judged.

Planning Your Fitness Journey

When you join Freedom Fitness, careful ****planning**** is a key component. The trainers take the time to understand each member's goals, health conditions, and fitness levels, creating tailored workout and nutrition plans that result in sustainable success. Many clients have expressed how personalized training has positively impacted their journeys, allowing them to make considerable progress.

Accessibility Features for Everyone

Freedom Fitness takes accessibility seriously. The facility boasts a ****wheelchair-accessible car park**** and ****toilet****, ensuring that everyone can enjoy the services offered. This thoughtful planning allows people of all abilities to participate actively in their fitness endeavors.

A Range of Service Options to Fit Your Needs

With options for ****on-site services****, including one-on-one training and group classes, Freedom Fitness caters to various preferences. Whether you prefer private training or the motivation of a group setting, there's something for everyone. The smaller size of the gym allows for intimate interactions, resulting in better overall support for your fitness journey.

Amenities That Enhance Your Experience

Freedom Fitness is equipped with a variety of ****amenities**** to support your workouts. The gym maintains high cleanliness standards and offers top-notch equipment that meets diverse workout needs. Members appreciate the well-kept environment, which adds to their overall experience.

Online Classes for Flexible Training

For those unable to visit the gym physically, Freedom Fitness also offers ****online classes****. This flexibility allows members to engage in workouts from the comfort of their homes, making it easy to maintain consistency in their fitness routines.

A Community of Support and Encouragement

Clients rave about the positive atmosphere at Freedom Fitness, highlighting how trainers like Cheyenne and Tracy motivate them to reach their full potential. Whether you are recovering from an injury or just starting your fitness journey, the staff is committed to helping you succeed. Many members report significant

weight loss, increased energy levels, and improved overall well-being since joining the gym.

Join the Freedom Fitness Family Today

If you're looking for a gym that prioritizes personalized attention and creates a judgment-free environment, look no further than Freedom Fitness & Nutrition in North Fort Myers. With their comprehensive approach to fitness and nutrition, you'll find everything you need to meet and exceed your wellness goals. Don't hesitate—schedule your appointment today and take the first step towards a healthier lifestyle!

We are positioned at

4750 Bayline Drive Unit 3, 4 & 5, 33917 North Fort Myers, FL - United States (US)

The contact phone of the mentioned **Personal trainer** is +1239-910-5713

And if you want to send a WhatsApp, you can do so at +1239-910-5713

Our service hours are:

Day	Hours
Monday	9?AM–5?PM
Tuesday	9?AM–5?PM
Wednesday	Closed
Thursday	9?AM–5?PM
Friday	9?AM–5?PM
Saturday	9?AM–5?PM
Sunday	9?AM–5?PM

The website is Freedom Fitness & Nutrition

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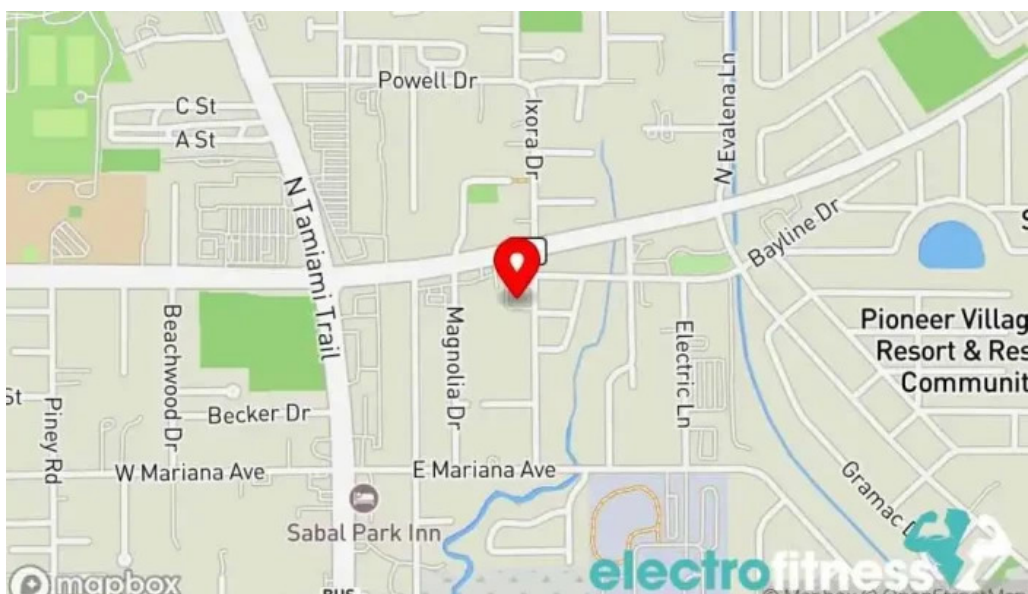
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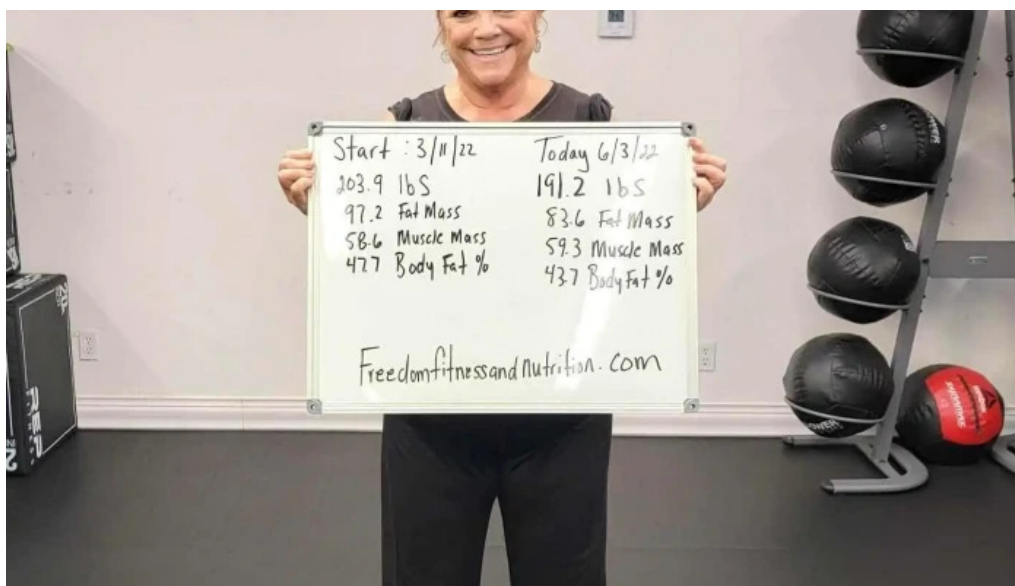
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Tags

On-site services, Online classes, Accessibility, Amenities, Planning, Wheelchair-accessible car park, Service options, Wheelchair-accessible toilet, Appointment required, Crowd, Toilet, LGBTQ+ friendly

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