

## Freedom Fitness & Nutrition - North Fort Myers

north fort myers

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*north fort myers*

## *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

If you wish to update any data that you believe is not correct regarding this web, we urge you to deliver a message so that we will fix it promptly. Thank you in advance thanks.

## Images



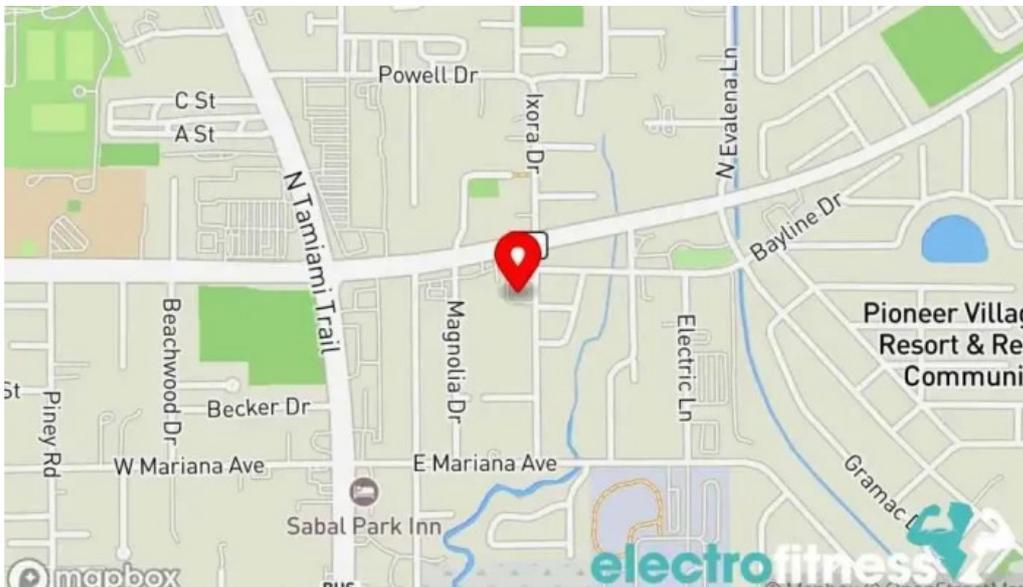
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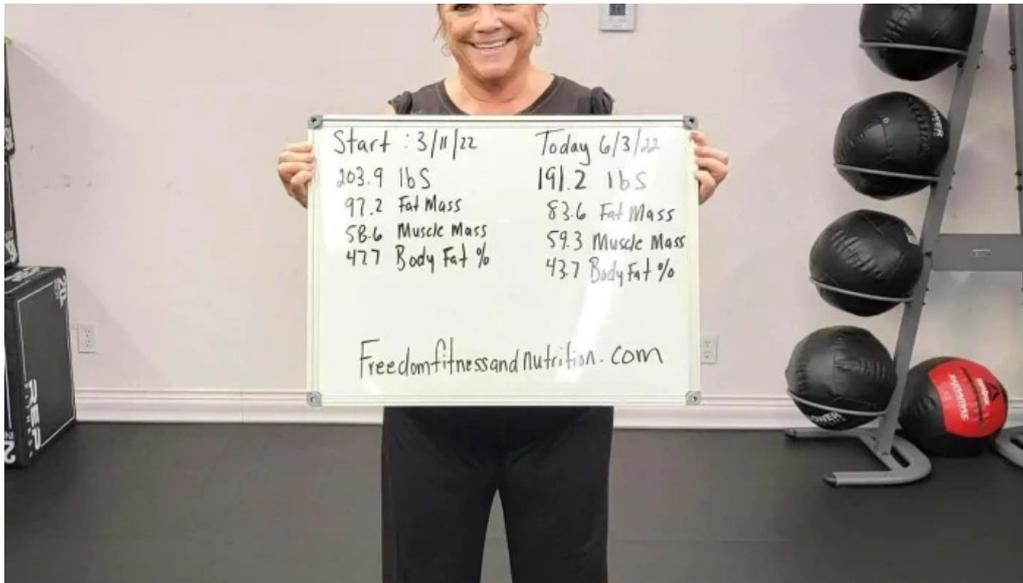
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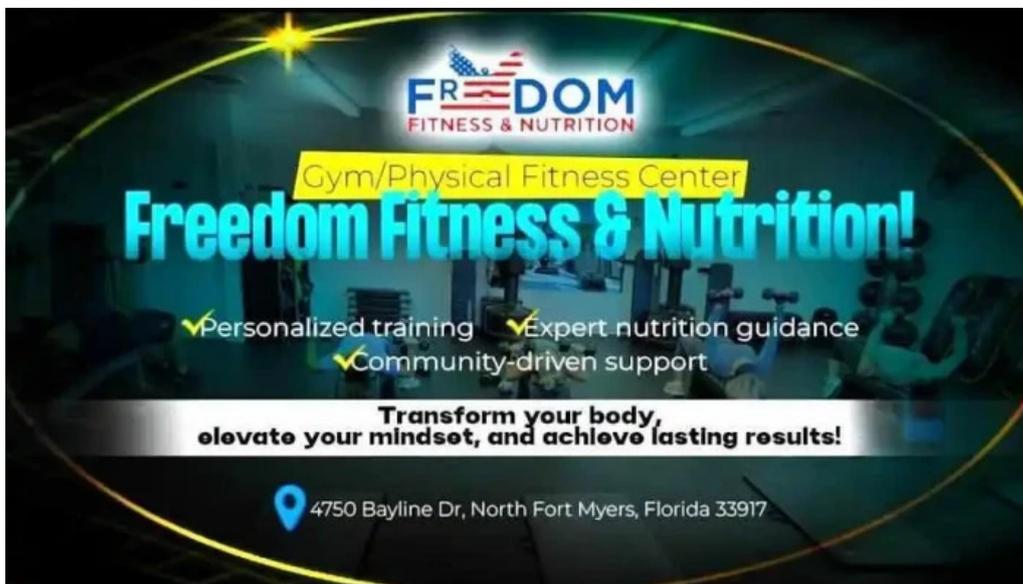
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## Tags

*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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acupuncture clinic
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auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe

children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club

gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot

personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public library
public swimming pool
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
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software company
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summer camp organizer
supermarket
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swimming instructor

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swimming school
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water park
weight loss service
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wellness center
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