

Uf Health Fitness and Wellness Center - Gainesville

gainesville



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Uf Health Fitness and Wellness Center - Gainesville

Discover the UF Health Fitness and Wellness Center in Gainesville, Florida

The UF Health Fitness and Wellness Center stands out as a premier destination for fitness enthusiasts in Gainesville, Florida. Renowned for its welcoming atmosphere and dedicated staff, this center caters to a diverse range of fitness needs, making it an ideal spot for individuals looking to enhance their health and well-being.

Accessibility at UF Health Fitness and Wellness Center

One of the standout features of the UF Health Fitness and Wellness Center is its commitment to ****accessibility****. The facility boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone can enjoy their fitness journey without barriers. This thoughtful design makes the center an inclusive environment for individuals with mobility challenges.

Quality Equipment and Personalized Support

Despite its modest size, patrons rave about the wide range of equipment available. Many users have noted that the equipment quality is comparable to larger franchises around town, which is impressive for a center of this scale. With ample space and various machines, members never have to compete for equipment, allowing for a more relaxed workout experience.

Supportive Staff and Personal Training

The center is staffed by friendly and knowledgeable personnel who are always ready to assist. Reviews highlight the exceptional care provided by the trainers, many of whom are nearing graduation from the University of Florida's programs. The affordability of personal training, with sessions starting at just \$10, makes it accessible for members seeking to improve strength and flexibility.

A Community-Focused Fitness Experience

As members transition from physical therapy to a regular gym routine, they find a supportive community within the UF Health Fitness and Wellness Center. The intimate setting, combined with a quiet atmosphere, fosters a sense of belonging, allowing individuals to work out comfortably while receiving guidance from experienced trainers. In conclusion, the UF Health Fitness and Wellness Center offers more than just a place to exercise; it provides a comprehensive support system that prioritizes accessibility, affordability, and a friendly environment. Whether you're new to fitness or looking for a reliable gym to continue your journey, this wellness center is highly recommended by its community.

Our premises are located at

Shands South Parking Garage, 1310 SW 13th St, 32608 Gainesville, Florida - United States (US)

The phone number of said **Wellness center** is +1352-733-0834
And if you want to send a WhatsApp, you can do so at +1352-733-0834

We open at the following schedule:

Day Hours
Monday
7?AM–1?PM
Tuesday
Closed
Wednesday
5:30?AM–9?PM
Thursday
5:30?AM–9?PM
Friday
5:30?AM–9?PM
Saturday
5:30?AM–9?PM
Sunday
5:30?AM–9?PM

The website is [UF Health Fitness and Wellness Center](#)

If you wish to change any data that you feel is not correct concerning this web, please send a message so that we will adjust it as soon as possible.
Thanks beforehand thank you very much.

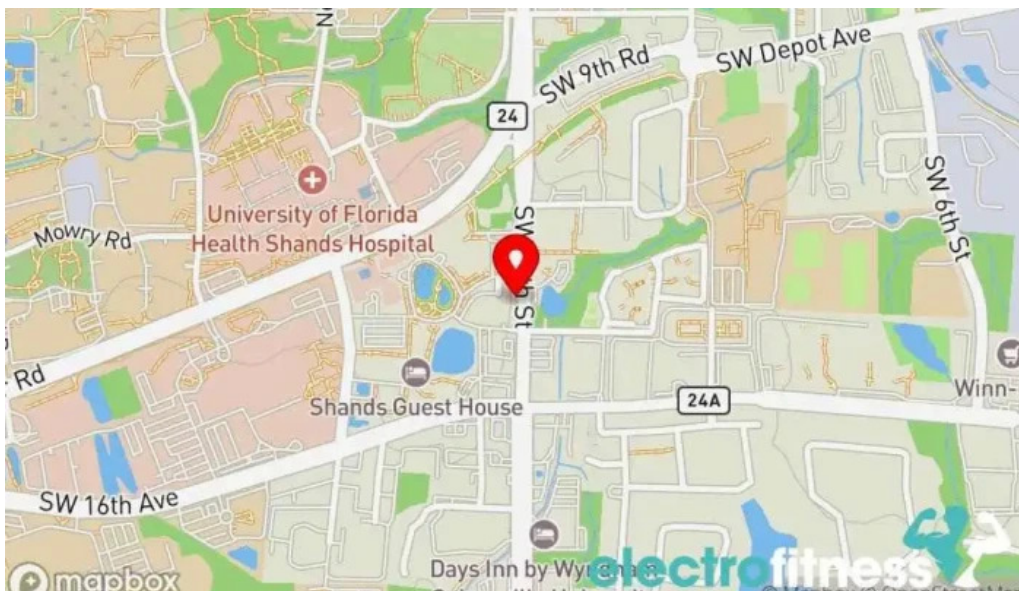
Images



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Uf health fitness and wellness center street view 360deg



Uf health fitness and wellness center map



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Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

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