

F45 Training Ankeny - Ankeny

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Discover F45 Training Ankeny: Your Ultimate Fitness Destination

Located in the heart of Ankeny, Iowa, **F45 Training Ankeny** offers an innovative approach to group fitness that caters to every level of ability. With its dynamic workout format and supportive community, F45 has quickly become a favorite among those seeking a fun yet challenging exercise routine.

Accessibility Features

F45 Training Ankeny prioritizes **accessibility** for all members. The facility boasts a **wheelchair-accessible car park** and **wheelchair-accessible entrance**, ensuring that everyone can enjoy their workout experience. Additionally, you will find **gender-neutral toilets**, further promoting inclusivity within the gym environment.

A Welcoming Atmosphere

The moment you step into F45 Training Ankeny, you are embraced by a warm and friendly **atmosphere**. Members often describe the **crowd** as supportive and encouraging, making it a non-judgmental space for individuals of all fitness backgrounds. The trainers are not just knowledgeable; they are also exceptionally engaging, walking around the gym to provide real-time feedback and motivation throughout your workout.

Innovative Workout Structure

At F45, every workout is unique. Classes are designed to be quick yet effective, lasting only **45 minutes**. This efficient structure ensures you get the most out of your time while keeping workouts exciting and varied. With options including strength training, cardio, and hybrid classes, there is something for everyone.

Online and On-Site Services

The gym also provides **online classes**, giving you the flexibility to work out from anywhere. For those who prefer in-person sessions, the facility features **on-site parking** and a **free parking lot** for easy access. Plus, with complimentary **Wi-Fi**, staying connected during your workout or while waiting for your next class is seamless.

Community and Support

F45 Training Ankeny prides itself on being an **LGBTQ+ friendly** space, emphasizing acceptance and community. Trainers like Kevin and Darin are known for their personal investment in each member's journey. They provide encouragement and tailor workouts to suit individual abilities, making it an ideal environment for newcomers and experienced fitness enthusiasts alike.

Amenities That Enhance Your Experience

F45 Training Ankeny goes beyond just workouts; it's about the complete fitness experience. The facility includes **showers** and **toilets**, offering you the convenience of freshening up after a rigorous session. The energetic music during workouts, especially during Saturday sessions featuring a live DJ, adds

to the overall excitement.

Membership Options and Planning

While a **membership is required** to participate, the various plans available make it easy for anyone to find a suitable option. Whether you're a busy professional or a stay-at-home parent, F45's diverse class schedule allows for easy integration into your daily life. With class times starting as early as 4 AM and continuing until late in the evening, there's never an excuse to miss a workout!

Final Thoughts

Whether you're looking to build strength, improve endurance, or simply feel better physically, F45 Training Ankeny is the place to achieve your fitness goals. With its inclusive atmosphere, knowledgeable coaches, and a strong sense of community, it's no wonder this gym has become a beloved fitness hub in Ankeny, Iowa. Come join us, and see the difference for yourself!

We are found at

2405 SW White Birch Dr #108, 50023 Ankeny, Iowa - United States (US)

The contact phone of the mentioned **Gym** is +1515-422-6891

And if you want to send a WhatsApp, you can do so at +1515-422-6891

You can visit us at the following hours:

Day Hours

Monday

7–10?AM

Tuesday

8:15–10?AM

Wednesday

4:45?AM–6?PM

Thursday

4:45?AM–6?PM

Friday

4:45?AM–6?PM

Saturday

4:45?AM–6?PM

Sunday

4:45?AM–5?PM

The website is [F45 Training Ankeny](#)

If you require to alter any data that you think is not precise concerning this web, we kindly request forward a message so that we will adjust it quickly. Thanks beforehand we appreciate it.

Images



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Trials

Last modified: Stage 2 - Male
Jul 23, 2024



Series

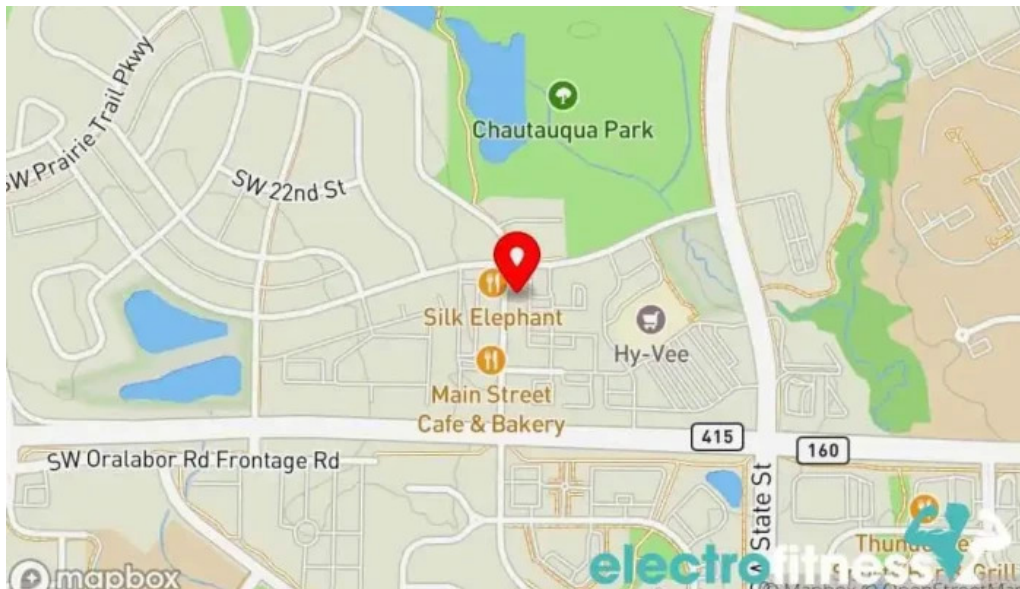
Last modified: Dumbbell Box...
Jul 16, 2024



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Tags

Wi-Fi, Free parking lot, Membership required, Gender-neutral toilets, Crowd, Atmosphere, Parking, Toilet, Wheelchair-accessible entrance, Wheelchair-accessible car park, Online classes, Service options, Accessibility, On-site services, Planning, On-site parking, Shower, Amenities, LGBTQ+ friendly

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boxing gym
boxing ring
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community college
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dance school
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disc golf course
discount store
dive shop
doctor
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electric utility company
elementary school
equestrian facility
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
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gym
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karate school
kennel
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kinesiologist
kinesiotherapist
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martial arts school
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swimming pool
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tanning salon
tennis club
thrift store
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