

F45 Training Bogota - Bogota

bogota

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F45 Training Bogota: A Comprehensive Overview

Located in Bogota, New Jersey, **F45 Training** has made a name for itself as one of the premier fitness destinations in the region. From its lively atmosphere to its accommodating on-site services, this gym provides an experience that goes beyond just working out.

Service Options and On-Site Services

F45 offers a variety of **service options** that cater to different fitness levels. Each workout is different, ensuring members are always challenged, which keeps the experience fresh and engaging. Additionally, the facility features **on-site services**, including well-maintained equipment and clean shower facilities, allowing members to refresh after workouts without hassle.

A Welcoming Atmosphere

The **atmosphere** at F45 Bogota is one of its standout features. Members rave about the positive energy brought by its enthusiastic coaches—Dante, Kenny, Rakesh, and Michelle—who provide personalized attention to every class. This gym prides itself on being **LGBTQ+ friendly**, making it a comfortable space for everyone looking to achieve their fitness goals.

Membership Requirements and Appointment Necessities

A **membership is required** to access the classes, but many members agree that joining is one of the best decisions they've made for their fitness journeys. With limited **appointments required**, members can easily fit their workouts into busy schedules, making it convenient and efficient for all. The community vibe encourages regular attendance, creating a motivating environment.

Crowd and Accessibility

The gym tends to attract a varied **crowd** of fitness enthusiasts, ranging from beginners to seasoned athletes. This diversity adds to the supportive community atmosphere. The facility boasts a **wheelchair-accessible car park**, ensuring that all members can enjoy the gym without barriers. Furthermore, ample **on-site parking** makes it easy for everyone to visit.

Planning Your Workouts

Another significant advantage of F45 is that members do not need to worry about **planning** their workouts. With new and exciting routines offered daily, members can focus on the workout rather than the logistics of training. Coaches provide guidance on form and modifications, tailoring experiences to individual needs, particularly for those with injuries or specific training goals.

Final Thoughts

F45 Training Bogota is more than just a gym; it's a community dedicated to supporting each other through fitness journeys. Whether you're looking for a place to improve your strength, lose weight, or simply enjoy a high-energy workout in an inclusive environment, F45 is the perfect fit. Join today and

experience the difference for yourself!

We are based in

1000 W Fort Lee Rd Suite 3, 07603 Bogota, New Jersey - United States (US)

The phone number of the respective **Gym** is +1201-345-0821

And if you want to send a WhatsApp, you can do so at +1201-345-0821

Our public attention hours are:

Day Hours
Monday

8–11?AM

Tuesday

5:30?AM–8?PM

Wednesday

5:30?AM–8?PM

Thursday

5:30?AM–8?PM

Friday

5:30?AM–8?PM

Saturday

5:30?AM–6?PM

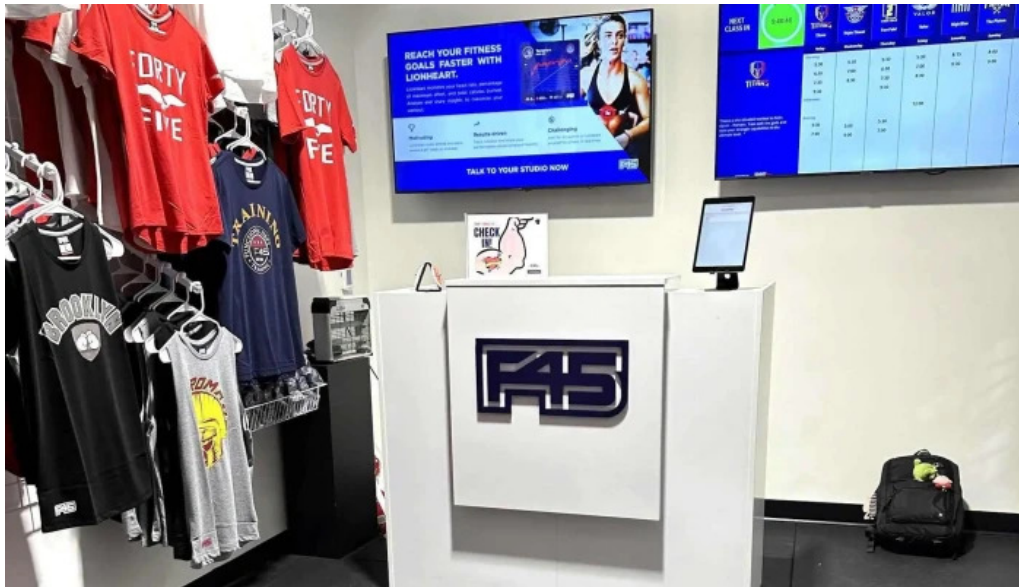
Sunday

7–11?AM

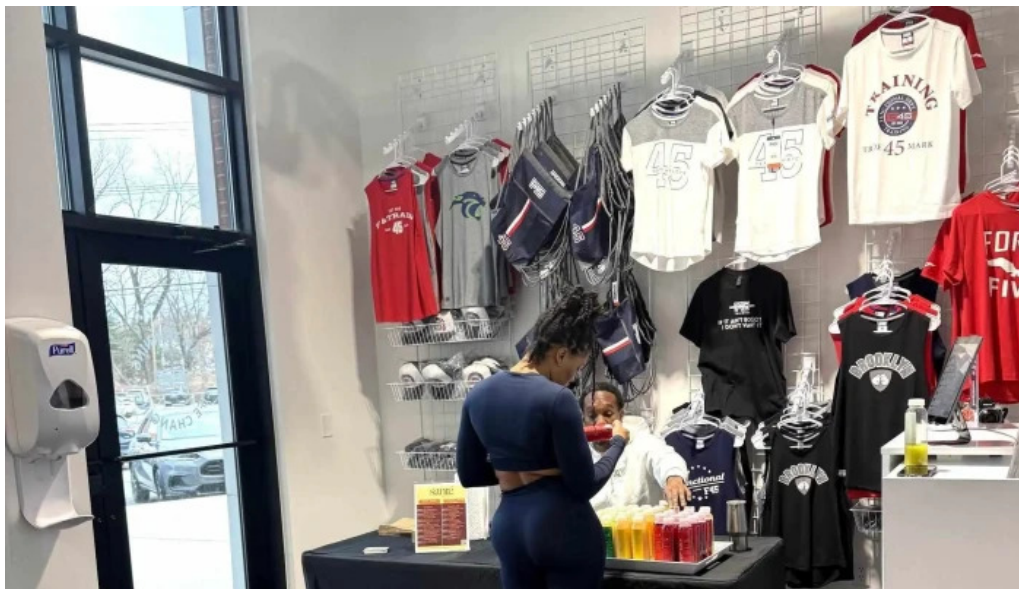
The website is F45 Training Bogota

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Images



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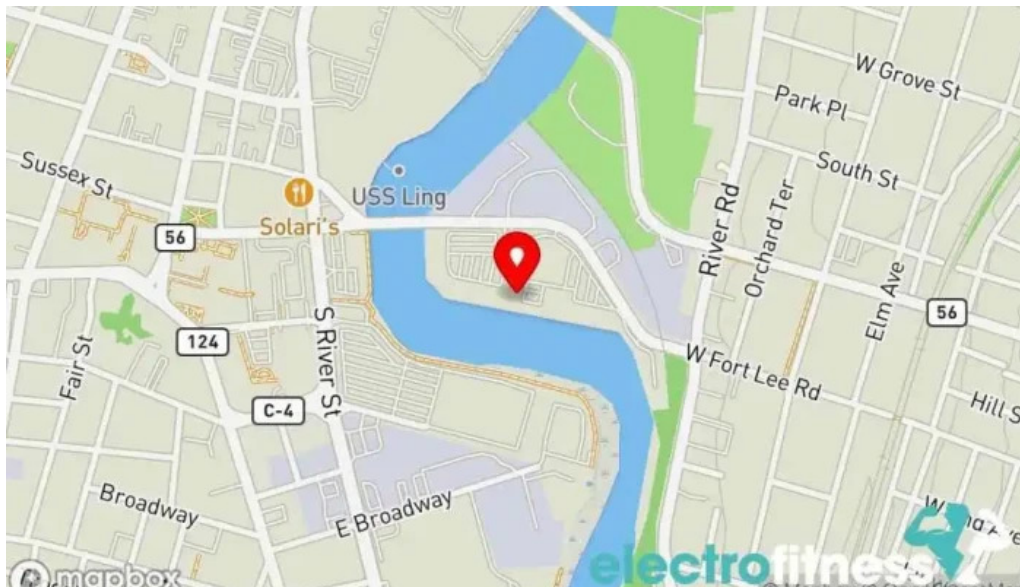
F45 training bogota street view 360deg



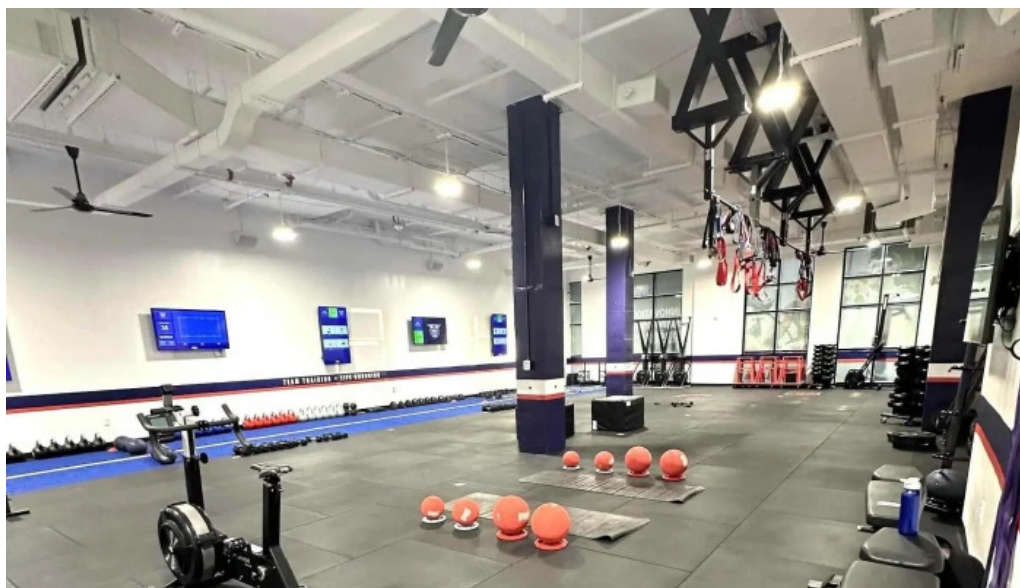
F45 training bogota promotion



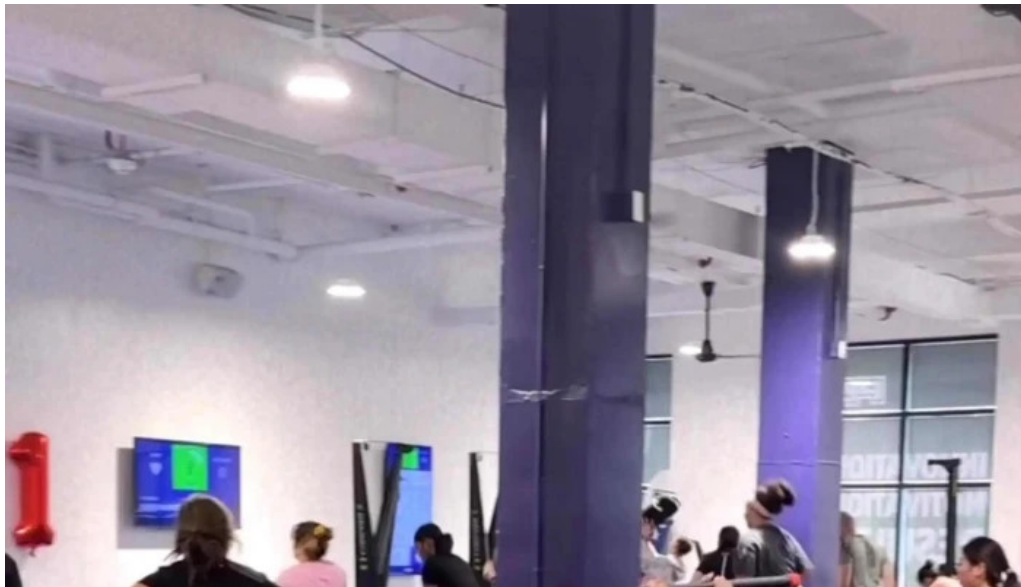
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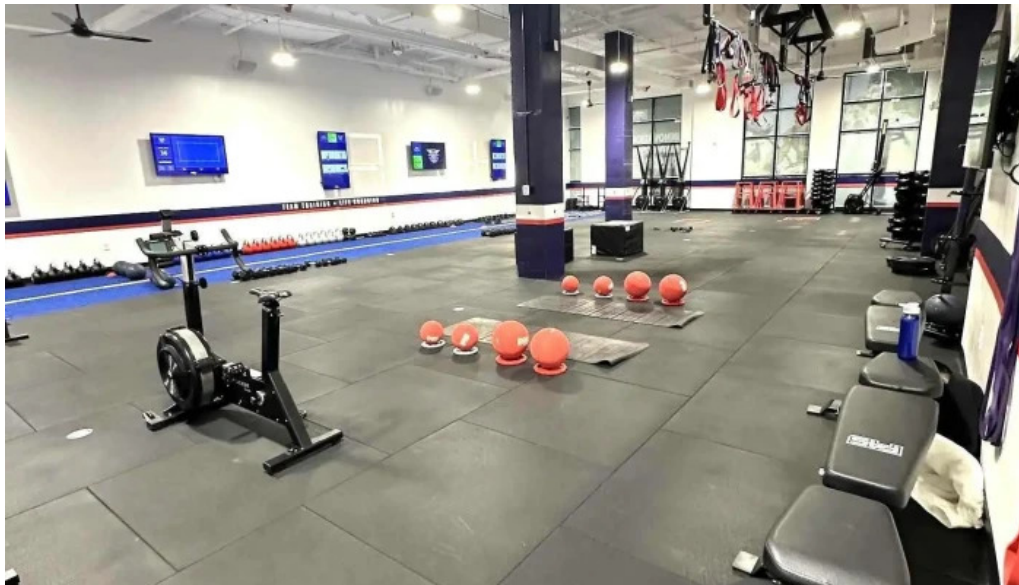
F45 training bogota location



F45 training bogota gym



F45 training bogota bogota



F45 training bogota all

Tags

Membership required, Parking, On-site parking, LGBTQ+ friendly, Appointment required, Crowd, Planning, Wheelchair-accessible car park, Shower, Accessibility, Service options, On-site services, Atmosphere

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