

F45 Training Prestonwood - Dallas

dallas

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https://www.electrofitness.com/gym/dallas/f45-training-prestonwood-dallas_214518.php



dallas

F45 Training Prestonwood - Dallas

Explore F45 Training Prestonwood in Dallas, Texas

F45 Training Prestonwood offers a dynamic fitness experience that caters to individuals of all fitness levels. Located in Dallas, Texas, it's not just a gym; it's a community designed around supportive coaching and innovative workouts.

Planning Your Fitness Journey

Before starting your journey at F45 Prestonwood, it's essential to understand

the **membership required** for participation. New members can kick off their experience with a 3-day trial to gauge the environment and workout style. To ensure an optimal workout experience, classes must be booked in advance via the **mobile app or website**.

Service Options & On-Site Services

This facility provides a range of **on-site services** tailored to enhance your training experience. F45 is known for its comprehensive workouts that last between 45 to 60 minutes. The trainers are not only knowledgeable but also dedicated to guiding you through each exercise ensuring proper form and encouraging you on your fitness journey.

Accessibility at F45 Prestonwood

F45 Training Prestonwood prioritizes accessibility for all members. The gym features a **wheelchair-accessible entrance**, ensuring everyone can participate in the vibrant classes offered. Additionally, there is a **wheelchair-accessible car park** available to facilitate easy access.

Flexible and Engaging Fitness Experience

F45 Training also recognizes the importance of flexibility in training. With options for **online classes**, individuals can seamlessly integrate workouts into their busy schedules. Whether you're attending in-person sessions or participating online, rest assured that the motivating atmosphere and supportive community remain consistent.

Appointment Required for Class Participation

Due to the structure of classes, prior **appointment required** bookings are necessary to secure your spot. This system helps manage class sizes, ensuring personalized attention from trainers, which has been a highlight for many participants who appreciate a more tailored workout experience.

Why Choose F45 Prestonwood?

With enthusiastic reviews from members, F45 Prestonwood stands out as a premier fitness location. Members rave about the engaging atmosphere, helpful coaches, and effective workouts that burn over 600 calories in just 45 minutes. It's not just about fitness; it's about community, support, and achieving personal goals in a judgment-free zone.

Whether you are a fitness novice or a seasoned athlete, F45 Training Prestonwood is committed to helping you succeed in your health journey. Join

the community today and discover why so many people love this exceptional training studio!

The address of our establishment is

6959 Arapaho Rd #121, 75248 Dallas, Texas - United States (US)

The phone number of said **Gym** is +1214-206-6021

And if you want to send a WhatsApp, you can do so at +1214-206-6021

You can visit us at the following hours:

| Day | Hours |
|-----------|-----------|
| Monday | 6?AM–6?PM |
| Tuesday | 6?AM–6?PM |
| Wednesday | 6?AM–6?PM |
| Thursday | 6?AM–6?PM |
| Friday | 6?AM–6?PM |
| Saturday | 6?AM–6?PM |
| Sunday | 6?AM–6?PM |

The website is F45 Training Prestonwood

If you require to alter any detail that you think is not correct related to this portal, please deliver a message and we will fix it promptly. Thanks beforehand we appreciate it.

Images



F45 training prestonwood videos



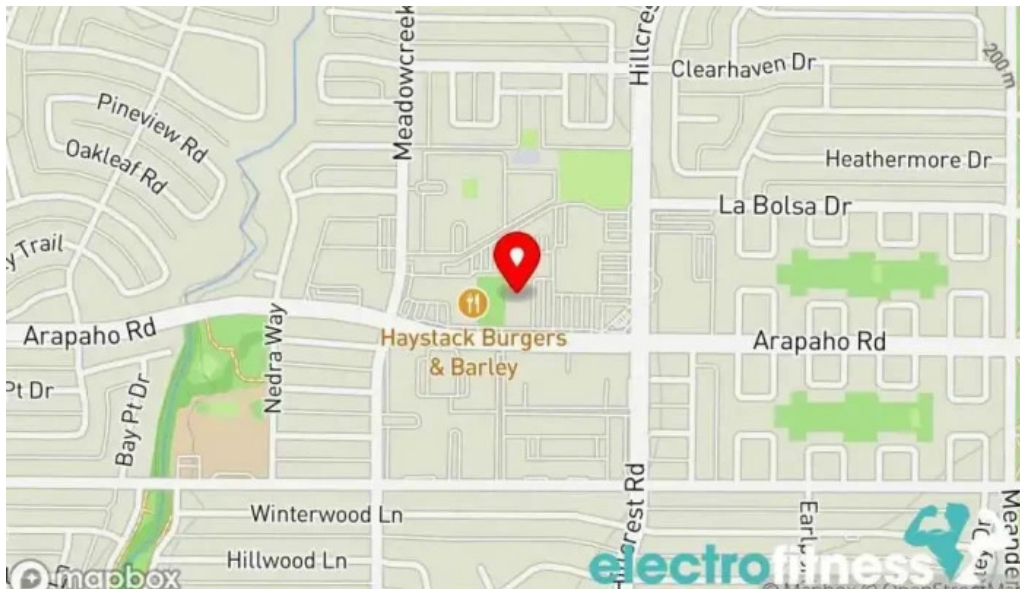
F45 training prestonwood street view 360deg



F45 training prestonwood reviews



F45 training prestonwood number



F45 training prestonwood map



F45 training prestonwood location



F45 training prestonwood latest



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F45 training prestonwood dallas



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F45 training prestonwood by owner



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Tags

Wheelchair-accessible car park, Accessibility, Appointment required, Membership required, Planning, On-site services, Online classes, Wheelchair-accessible entrance, Service options

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| body shaping class |
| boot camp |
| boxing gym |
| boxing ring |
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| country club |
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| dance school |
| day spa |
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| fitness |
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| kinesiotherapist |
| martial arts club |
| martial arts school |
| massage therapist |
| meditation center |
| non-profit organization |
| nutritionist |
| park |
| personal trainer |
| pharmacy |
| physical fitness program |
| physical therapist |
| physical therapy clinic |
| pickleball court |
| pilates studio |
| private golf course |
| public educational institution |
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| rehabilitation center |
| rock climbing gym |
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| self defense school |
| shooting range |

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| shopping mall |
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| spa and health club |
| sporting goods store |
| sports club |
| sports complex |
| sports medicine clinic |
| sports school |
| supermarket |
| swimming instructor |
| swimming school |
| tennis club |
| thrift store |
| training centre |
| vitamin & supplements store |
| weight loss service |
| weightlifting area |
| wellness center |
| wellness program |
| women's personal trainer |
| yoga instructor |
| yoga studio |
| youth organization |