

## Ballatore Strength - Gainesville

gainesville

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*gainesville*

## *Ballatore Strength - Gainesville*

### **Welcome to Ballatore Strength in Gainesville, Florida**

If you're looking for a gym that combines top-notch amenities, a welcoming environment, and a strong sense of community, Ballatore Strength is the perfect choice. Whether you are a beginner or an experienced athlete, this gym caters to all fitness levels while prioritizing safety and individual needs.

### **Amenities That Make a Difference**

Ballatore Strength offers modern **\*\*amenities\*\*** designed to enhance your workout experience. The gym features a wide range of **\*\*on-site services\*\***,

including personal training and group classes that focus on strength training. You won't have to worry about crowded spaces, as they maintain smaller class sizes, typically capping participation at around 15 per session. For those who need it, there is a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring **accessibility** for everyone. Furthermore, the gym is proud to provide **gender-neutral toilets** and a **transgender safe space**, making all members feel comfortable and secure.

### **Stay Connected with Wi-Fi**

In today's digital age, staying connected is crucial. Ballatore Strength offers complimentary **Wi-Fi** throughout the facility, allowing you to track workouts, manage appointments, and connect with the vibrant online community. This feature is particularly beneficial for members participating in **online classes** when they can't make it to the gym in person.

### **Planning Your Fitness Journey**

One of the standout features of Ballatore Strength is its emphasis on personalized fitness planning. Upon joining, you will have the opportunity to create a tailored workout program alongside experienced trainers like Ron, Derek, and Angeline. They take the time to understand your unique goals and needs, making adjustments as necessary to ensure you are progressing safely and effectively.

### **Community and Support**

What truly sets Ballatore Strength apart is its community. Members often describe it as a **crowd** of supportive individuals from various backgrounds. It's not just a gym; it's a place where friendships are formed. The positive energy fosters a culture of encouragement, making it the ideal environment for anyone, especially those who may experience gym anxiety. The trainers are attentive, knowledgeable, and prioritize creating a **welcoming atmosphere**. You won't find intense competition here; instead, the focus is on **personal progress** and shared achievements.

### **Fitness for Everyone**

Whether you're a novice or have years of experience, Ballatore Strength welcomes all. Their programs are designed to be inclusive, making it easy for beginners to start their journey without intimidation. The trainers frequently offer tips on form and technique, ensuring members learn how to lift safely and effectively. Members have praised the structured programs and the opportunity to attend diverse classes ranging from strength training to conditioning. With **appointments required** for certain services, you can rest assured that your training sessions remain focused and productive.

### **Join the Ballatore Strength Family**

If you are looking for a gym that feels more like home, where you can work on your health and fitness goals within a supportive network, Ballatore Strength is the place for you. With dedicated trainers and a strong community, you'll find the motivation and encouragement needed to succeed. Remember, it's not just about lifting weights; it's about lifting each other up! Explore the life-changing experience at Ballatore Strength in Gainesville, Florida, and take the first step toward a healthier, stronger you today!

**We are at**

220 NW 8th Ave Suite 90, 32601 Gainesville, Florida - United States (US)

The contact phone of this **Gym** is +1352-780-7375

And if you want to send a WhatsApp, you can do so at +1352-780-7375

**We open at the following schedule:**

Day	Hours
Monday	6?AM–7?PM
Tuesday	6?AM–7?PM
Wednesday	6?AM–7?PM
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

The website is Ballatore Strength

If you require to modify any element that you feel is incorrect regarding this site, we kindly request send us a message so we can we will correct it at the earliest convenience. With anticipation thank you very much.

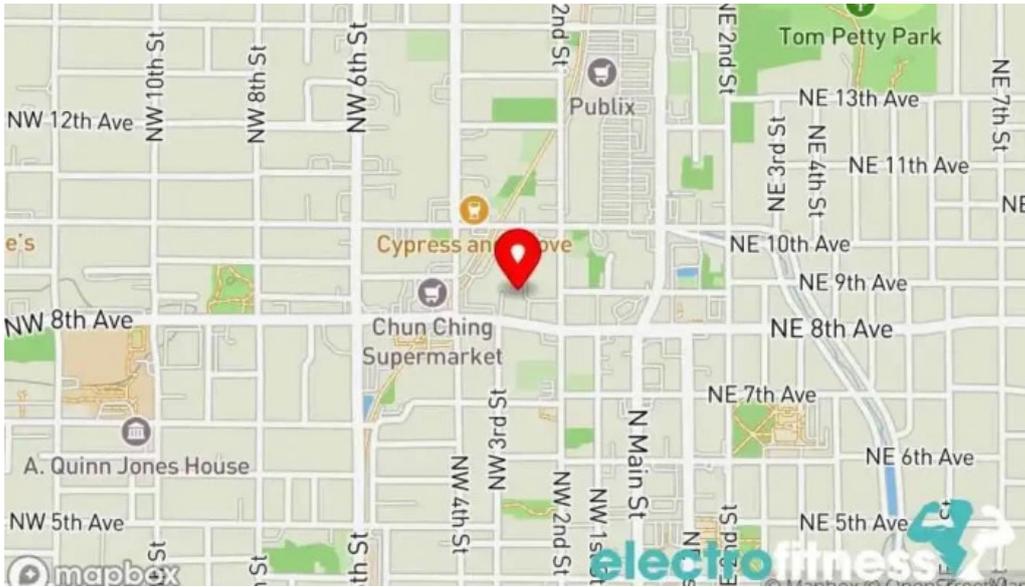
**Images**



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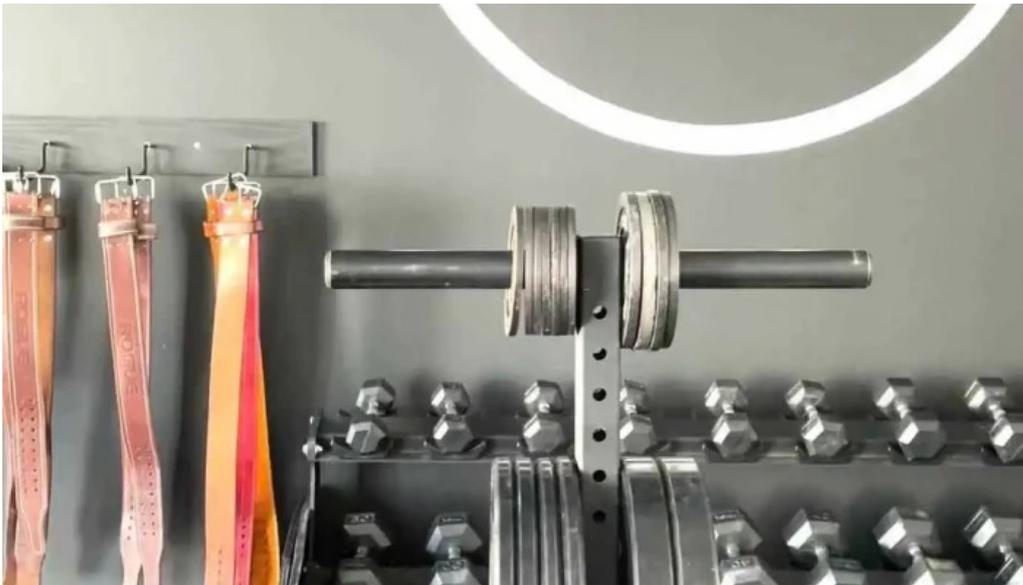
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## Tags

*LGBTQ+ friendly, Wi-Fi, Service options, Planning, Gender-neutral toilets, Crowd, Amenities, Wheelchair-accessible car park, Appointment required, Accessibility, Online classes, Toilet, On-site services, Transgender safe space, Wheelchair-accessible entrance*

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## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center

convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist

kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex

sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
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
wrestling school
yoga instructor
yoga studio
youth organization