

Peak Strength & Fitness - Gainesville

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Welcome to PEAK Strength & Fitness in Gainesville, Florida

PEAK Strength & Fitness is a gem located in Gainesville, Florida, offering outstanding ****on-site services**** that cater to individuals of all ages and fitness levels. Whether you are looking for personalized training or engaging group classes, PEAK has something for everyone.

Online Classes for Convenience

With the introduction of ****online classes****, PEAK Strength & Fitness has made it easier than ever to maintain your fitness routine from the comfort of your

home. These classes occur simultaneously with in-person sessions, allowing members to experience the same quality workouts without compromising safety.

Planning Your Visit

When planning your visit to PEAK Strength & Fitness, rest assured that there is **free parking** available. The facility features a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring everyone can access the gym without any difficulties. However, please note that an **appointment is required** to ensure personalized attention during your workout session.

Membership and Service Options

A **membership is required** to enjoy the various offerings at PEAK, but the value you receive makes it worthwhile. Members get access to small class sizes, personalized training, and tailored treatment plans that accommodate specific needs, such as those with scoliosis or age-related challenges.

Community Support and Accessibility

What sets PEAK apart is its strong sense of community. Members, affectionately called “Peak Freaks,” express their gratitude for the supportive environment fostered by trainers who are highly skilled and genuinely caring. The community welcomes everyone, making it an ideal space for those new to fitness or seeking a place to feel comfortable while working hard.

Why Choose PEAK Strength & Fitness?

Members have reported significant improvements in their physical health and mental well-being. From overcoming chronic pain such as frozen shoulder and hip issues to boosting confidence levels, the impact of regular workouts at PEAK is profound. Here are some highlights: - **Experienced Trainers**: The staff includes professionals with backgrounds in kinesiology and physical therapy, ensuring expert guidance. - **Personalized Attention**: With a focus on proper form and individual adjustments, trainers provide the support needed to enhance performance while reducing injury risk. - **Variety of Workouts**: PEAK offers a diverse range of workouts, including strength training, HIIT, and mobility exercises, which keeps the sessions engaging and effective.

Final Thoughts

If you're searching for a fitness center that values your time, health, and personal growth, look no further than PEAK Strength & Fitness in Gainesville. With its exceptional trainers, supportive community, and accessible facilities, you will find everything you need to achieve your fitness goals. Join today and discover why so many have made PEAK their favorite fitness destination!

Our address is

3501 SW 2nd Ave Suite M/N, 32607 Gainesville, Florida - United States (US)

The contact line of said **Gym** is +1352-317-2484

And if you want to send a WhatsApp, you can do so at +1352-317-2484

Visit us during the following hours:

Day Hours
Monday
9?AM–12:30?PM
Tuesday
Closed
Wednesday
6?AM–7?PM
Thursday
8:30?AM–7?PM
Friday
6?AM–7?PM
Saturday
8:30?AM–6?PM
Sunday
6?AM–6?PM

The website is PEAK Strength & Fitness

If you need to alter any element that you believe is not accurate related to this portal, we ask send us a message so that we will fix it promptly. In advance thanks.

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Tags

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

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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
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sports massage therapist
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