

## F45 Training - Laguna Hills

laguna hills

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*laguna hills*

### *F45 Training - Laguna Hills*

#### **Discover F45 Training in Laguna Hills, California**

F45 Training in Laguna Hills is more than just a gym; it's a community that offers an incredible workout experience. With its clean and spacious workout area, **\*\*the environment fosters motivation\*\*** and excitement for fitness enthusiasts of all levels.

#### **Amenities at F45 Training**

From the moment you step into F45 Laguna Hills, you'll be impressed by the **\*\*great amenities\*\*** available. The studio features two showers, perfect for those

who need to head directly to work after a workout. Additionally, **\*\*wheelchair-accessible car park\*\*** and **\*\*entrance\*\*** ensure that everyone can enjoy their fitness journey here. The facility also includes **\*\*gender-neutral toilets\*\***, which adds to its inclusive atmosphere.

## **Service Options and Online Classes**

The gym offers a diverse range of **\*\*service options\*\***, including multiple class times from 5 AM to 5:30 PM, accommodating even the busiest schedules. For those who prefer to work out from home or are unable to visit the studio, **\*\*online classes\*\*** provide a convenient alternative. However, do keep in mind that a **\*\*membership is required\*\*** to take full advantage of these offerings.

## **Accessibility and Community Focus**

At F45 Laguna Hills, accessibility is a priority. The **\*\*wheelchair-accessible entrance\*\*** and **\*\*car park\*\*** demonstrate their commitment to providing a welcoming space for all members. The community vibe is strengthened by the **\*\*women-owned identity\*\*** of the gym, promoting a sense of support and encouragement that resonates with many of its members.

## **Why You Should Join F45 Training**

Members rave about their experiences, highlighting the **\*\*highly motivated trainers\*\*** who genuinely care about each individual's progress. From engaging workouts led by enthusiastic coaches like Brian and Mariana to a supportive atmosphere cultivated by the entire team, F45 Laguna Hills ensures that every visit feels like coming home. As one member stated, "If you are looking for the best coaches and a family feel to your workout routine, look no further!" Whether you are new to fitness or a seasoned athlete, F45 Training in Laguna Hills promises a unique and effective workout experience. Join now to embrace a healthier lifestyle in a nurturing environment where fun meets fitness!

## **Our address is**

25260 La Paz Rd # M, 92653 Laguna Hills, California - United States (US)

The contact phone of said **Gym** is +1949-297-8199

And if you want to send a WhatsApp, you can do so at +1949-297-8199

## **Our opening hours are:**

Day Hours  
Monday  
5?AM–6:30?PM

Tuesday  
5?AM–6:30?PM  
Wednesday  
6:30–9:30?AM  
Thursday  
5?AM–6:30?PM  
Friday  
5?AM–6:30?PM  
Saturday  
5?AM–6:30?PM  
Sunday  
5?AM–6:30?PM

The website is [F45 Training](#)

In case you want to modify any information that you think is not precise concerning this site, we ask send us a message and we will correct it promptly. In advance thank you very much.

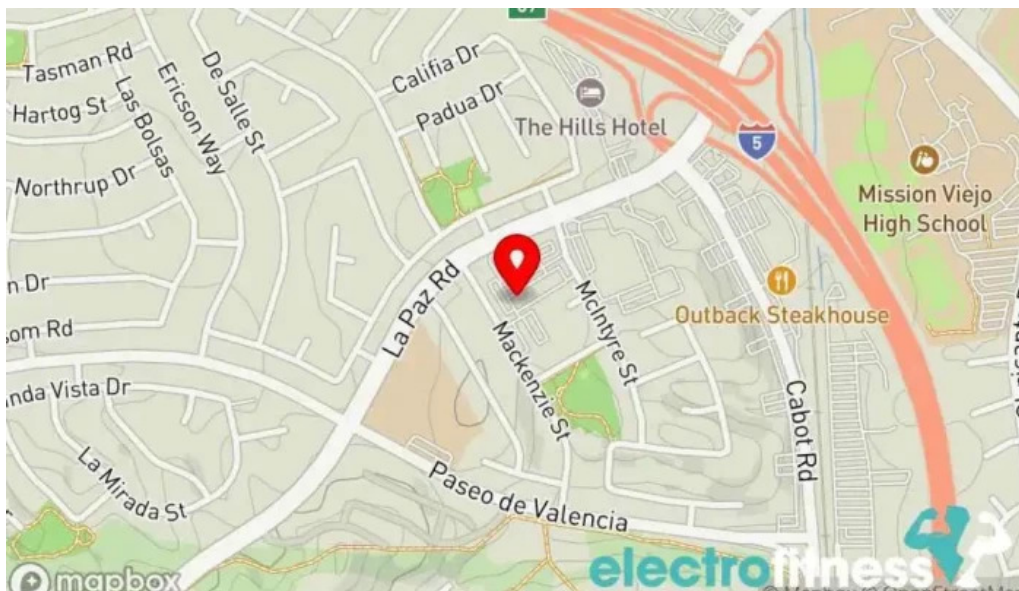
## Images



*F45 training videos*



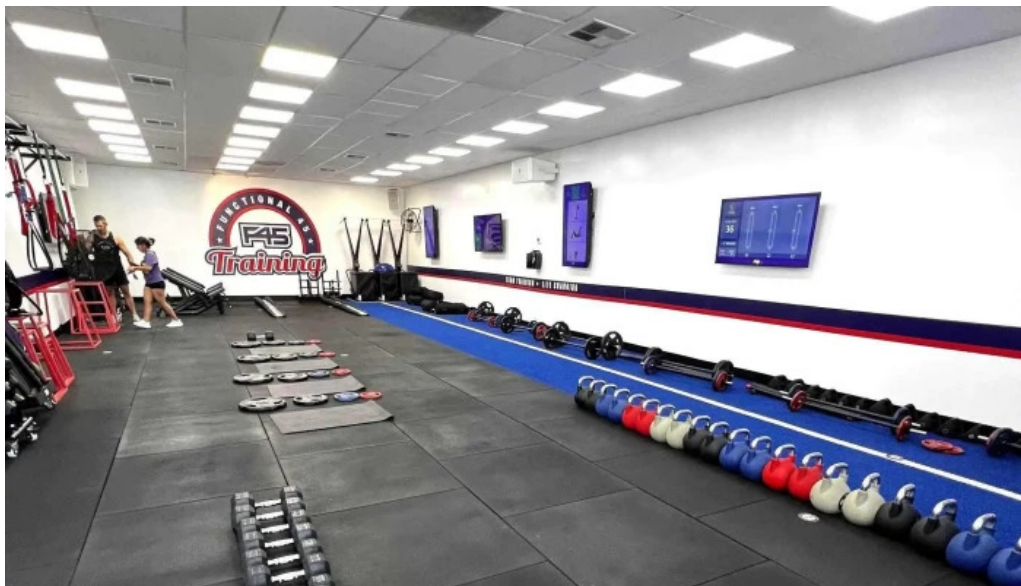
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*F45 training gym*



*F45 training exercise machine*



*F45 training by owner*



*F45 training all*

## Tags

*Membership required, Gender-neutral toilets, Online classes, Identifies as women-owned, Accessibility, Wheelchair-accessible entrance, Service options, Planning, Amenities, Wheelchair-accessible car park, From the business*

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animal feed store
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athletic club
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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
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hotel
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
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
software company
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
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weight loss service
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