

## F45 Training Meridian South - Meridian

meridian

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## *F45 Training Meridian South - Meridian*

### Welcome to F45 Training Meridian South

Located in Meridian, Idaho, **F45 Training Meridian South** offers a revolutionary approach to fitness that combines fun, community, and efficiency. This gym is all about maximizing your workout time while ensuring that every participant feels valued and supported.

### Membership Required

To join the F45 family, a **membership is required**. However, members have access to an incredible array of resources and benefits, including a supportive community, knowledgeable trainers, and a variety of intense workouts that promise to keep you engaged and motivated. New members can take advantage of a free week trial to experience the gym before committing to a membership!

## Planning Your Workouts

At F45, there's no need to spend time planning your workouts. Each class is designed to be quick yet effective, lasting just 45 minutes. The structure allows members to maximize their time and achieve great results without wasting any effort. Participants simply show up and follow the lead of the coaches, who demonstrate exercises and provide modifications as needed.

## Accessibility Features

F45 Training Meridian South prioritizes inclusivity with essential accessibility features, ensuring everyone can enjoy their fitness journey:

**Wheelchair-accessible entrance:** The facility is designed to welcome all members, providing easy access to the gym. **Wheelchair-accessible car park:** Parking spaces are conveniently located for those with mobility needs, allowing for a seamless experience from the moment you arrive.

## A Community Like No Other

The atmosphere at F45 is energetic and uplifting, making it a fantastic place to work out. Members often describe the supportive community as their "gym family." Coaches like David, Liz, and JaNell are known for their encouragement and attentiveness, ensuring that everyone—regardless of fitness level—receives personalized attention and support throughout their sessions.

## Why Choose F45 Training Meridian South?

Choosing F45 means opting for a gym that values not only your physical health but also your mental well-being. With a focus on motivation, camaraderie, and efficient workouts, it's easy to see why members rave about their experiences. From learning proper techniques to engaging in high-energy workouts, F45 truly transforms the traditional gym experience into something extraordinary.

## Join Us Today!

If you're looking for a gym that combines effective workouts, a lively atmosphere, and a sense of community, look no further than F45 Training Meridian South. Book your free trial today, and experience the difference for

yourself!

### **We are located at**

3068 E Overland Rd, 83642 Meridian, Idaho - United States (US)

The phone number of the mentioned **Gym** is +1208-366-4612

And if you want to send a WhatsApp, you can do so at +1208-366-4612

### **We are open during the following hours:**

Day Hours  
Monday

5–10:30?AM 12–1?PM 4:45–6:30?PM

Tuesday

5–10:30?AM 12–1?PM 4:45–6:30?PM

Wednesday

5–10:30?AM 12–1?PM 4:45–6:30?PM

Thursday

5–10:30?AM 12–1?PM 4:45–6:30?PM

Friday

5–10:30?AM 12–1?PM

Saturday

7:30–10:30?AM

Sunday

8:30–11?AM

The website is F45 Training Meridian South

If you need to modify any detail that you consider is incorrect related to this page, we ask send us a message and we will correct it promptly. Thanks beforehand thanks for your cooperation.

## **Images**





*F45 training meridian south street view 360deg*

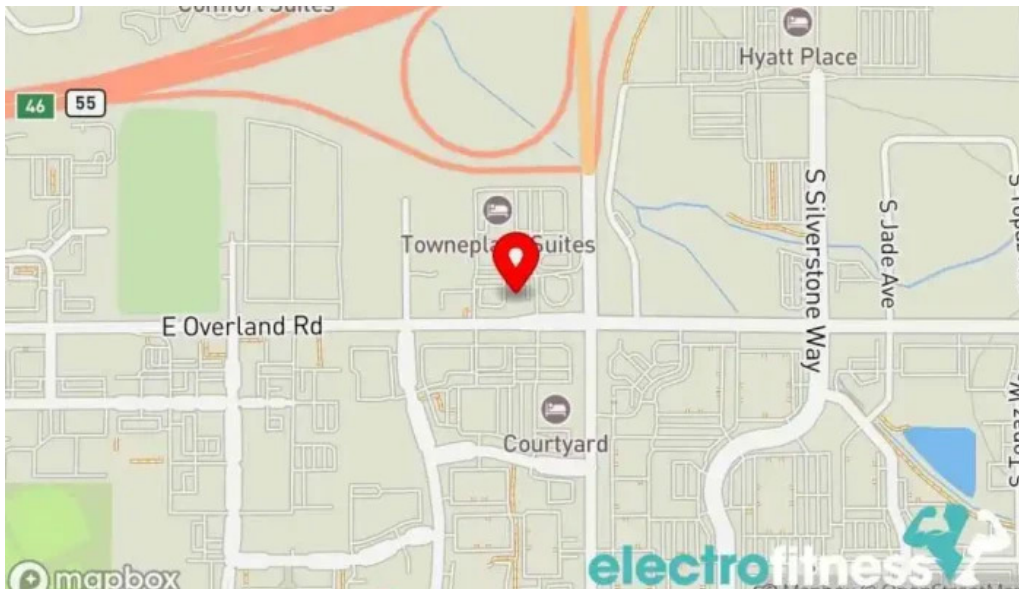


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*F45 training meridian south map*



*F45 training meridian south gym*



*F45 training meridian south exercise machine*



*F45 training meridian south discounts*



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## Tags

[Membership required](#), [Accessibility](#), [Wheelchair-accessible car park](#), [Planning](#), [Wheelchair-accessible entrance](#)

## Related content

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4.9 \* [F45 Training Highlands Ranch - Highlands Ranch](#)

4.8 \* [F45 Training Moraga - Moraga](#)

5.0 \* [F45 Training Valparaiso - Valparaiso](#)



5.0 *	<i>F45 Training Crown Point - Crown Point</i>
5.0 *	<i>Be Fit South Shore Boot Camp &amp; Training - Rockland</i>
4.5 *	<i>Hendrick Health Club South - Abilene</i>
4.3 *	<i>Anytime Fitness - Aberdeen</i>
5.0 *	<i>School of Sport - Aberdeen</i>
5.0 *	<i>Sweat Zone - Aberdeen</i>

## Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym

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 therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
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
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio
youth organization