

## F45 Training U Street - Washington

washington

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washington

## *F45 Training U Street - Washington*

### **Discover F45 Training U Street: Your Ultimate Fitness Destination in Washington, D.C.**

Welcome to **\*\*F45 Training U Street\*\***, located in the vibrant heart of Washington, D.C. This gym offers a unique approach to fitness that combines high-intensity interval training (HIIT) with a supportive community atmosphere. Whether you're a seasoned athlete or just getting back into the swing of things, F45 Training U Street has everything you need to reach your fitness goals.

### **Fitness Offerings: Online Classes and More**

In response to the evolving needs of its community, F45 Training U Street now offers **online classes**, allowing members to stay fit from the comfort of their homes. These digital sessions maintain the same energy and intensity as in-person workouts, making it easy to stick to your fitness plan.

### **Amenities That Enhance Your Experience**

While F45 Training U Street does not have a locker room or shower facilities, the studio compensates with an inviting atmosphere and exceptional trainers. The studio features: - **Wheelchair-accessible car park** - **Wi-Fi** for all members - **Wheelchair-accessible entrance** ensuring everyone can enjoy the benefits of the facility. These amenities ensure that all participants can comfortably access the gym and stay connected during their workouts.

### **Planning Your Workout: Flexibility and Convenience**

One of the standout features of F45 Training U Street is its flexible class schedule. With numerous time slots available in both the morning and evening, it's easy to fit workouts into your busy lifestyle. Each class is structured to provide a comprehensive workout, ensuring you get maximum results in just 45 minutes.

### **Service Options Tailored to You**

F45 Training offers a variety of **service options** that cater to different fitness levels. From strength days to cardio days and hybrid sessions, there's something for everyone. The enthusiastic coaches ensure that each participant receives individual attention, guiding you through each movement with precision and care.

### **Commitment to Accessibility and Community**

At F45 Training U Street, **accessibility** extends beyond physical accommodations. The community vibe is one of camaraderie and support, making it an excellent environment for newcomers and fitness veterans alike. Members frequently comment on the friendly atmosphere, where everyone is encouraged to push themselves while having fun.

### **Membership Requirements**

To get the most out of the F45 experience, a **membership is required**. However, the pricing is very reasonable, especially with unlimited passes that make it more cost-effective for frequent visitors. Many members find that the value they receive far exceeds their investment.

### **Join the F45 Family Today!**

If you're looking for a motivating, high-energy workout in a welcoming community, F45 Training U Street is the place for you. From the passionate coaches to the dynamic classes, every aspect is designed to help you achieve

your fitness objectives. Don't wait any longer—visit F45 U Street and begin your transformation today!

**We are situated in**

1020 U St NW, 20001 Washington, District of Columbia - United States (US)

The phone of the respective **Gym** is +1202-525-7148

And if you want to send a WhatsApp, you can do so at +1202-525-7148

**Our business hours are:**

Day	Hours
Monday	5?AM–7?PM
Tuesday	5?AM–7?PM
Wednesday	5?AM–7?PM
Thursday	5?AM–7?PM
Friday	6?AM–3?PM
Saturday	7?AM–2?PM
Sunday	5?AM–7?PM

The website is F45 Training U Street

If you require to update any data that you think is not precise concerning this web, we ask send a message so we can we will adjust it at the earliest convenience. Thank you in advance thanks.

**Images**



*F45 training u street washington*

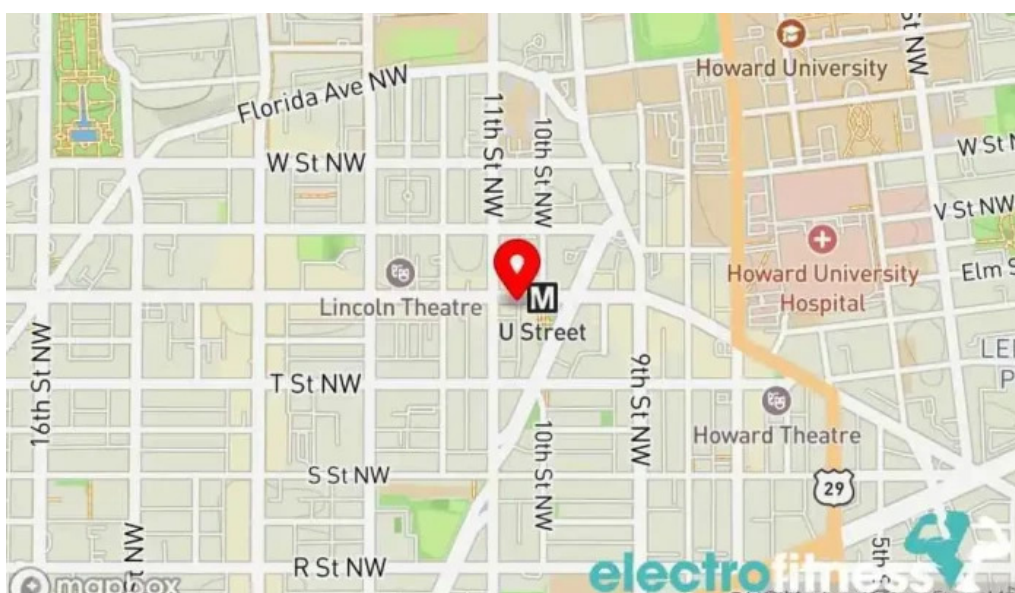


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## Tags

*Membership required, Planning, Wheelchair-accessible entrance, Accessibility, Service options, Amenities, Online classes, Wheelchair-accessible car park, Wi-Fi*

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chiropractor
church
club
coffee shop
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convenience store
country club
coworking space
dance school
day spa
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
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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 therapist
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
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization