

Sweat Equity Fitness of Miami - Miami

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Sweat Equity Fitness of Miami - Miami

Discover Sweat Equity Fitness of Miami: Your Premier Personal Training Studio

If you are looking for exceptional **personal training** in Miami, look no further than **Sweat Equity Fitness**. Nestled in the vibrant neighborhood of Edgewater, this gym stands out as a beacon of quality and professionalism.

Accessibility and Amenities

Sweat Equity Fitness is designed with accessibility in mind. The facility features a **wheelchair-accessible entrance** and offers amenities such as a **wheelchair-accessible car park** and **wheelchair-accessible toilet**. The studio ensures that individuals with varying needs can comfortably participate in their fitness journey.

Moreover, the space includes **gender-neutral toilets**, making it an inclusive environment for everyone. With options for **online classes**, clients can also train from the comfort of home, making fitness more accessible to all.

Service Options and Appointments

At Sweat Equity, various **service options** cater to different fitness levels and goals. Clients have the opportunity to work one-on-one with highly skilled trainers like Glenn and Chyanne, whose expertise helps create tailored workout plans. It is recommended to book **appointments** ahead of time to secure your preferred slot, ensuring that every session is focused and personalized.

Convenient Parking Solutions

The studio is conveniently located, providing **paid street parking** for ease of access. Additionally, there's a **free multi-storey car park** nearby, making it hassle-free for clients to reach their workouts without worrying about parking availability.

Why Choose Sweat Equity Fitness?

Training at Sweat Equity Fitness isn't just about working out; it's about becoming part of a supportive community. The team has garnered praise for their attention to detail, professionalism, and tailored approach. Many clients have noted how they appreciate the **exceptional cleanliness** of the facility and the thoughtfully arranged **high-quality equipment**.

Glenn, the owner, is recognized for his patient coaching style and ability to challenge clients while respecting their individual needs. Whether you're an experienced athlete or new to fitness, the team at Sweat Equity empowers each client to push their limits and achieve their personal goals.

Client Experiences

Testimonials from clients highlight the transformative experiences they've had at Sweat Equity Fitness. One patron noted significant results, stating they lost 4% of their body weight within a month, thanks to the effective programs designed by Glenn. Others emphasized the private training atmosphere, allowing for

maximum focus without distractions—something often missing in larger gyms. Clients feel that their progress is continuously monitored, with adjustments made to meet their evolving fitness aspirations. Many return regularly, expressing gratitude not only for the physical benefits but also for the camaraderie built with trainers and fellow members.

A Community Driven by Excellence

Sweat Equity Fitness identifies as **Black-owned**, contributing positively to the local economy and fostering diversity in the wellness industry. Their commitment to outstanding service reflects a deep understanding of the unique challenges faced by clients in achieving their fitness goals.

Join the Sweat Equity Family

If you're ready to elevate your fitness journey, consider joining the Sweat Equity Fitness community. With a blend of expert guidance, individualized training, and a welcoming atmosphere, achieving your health and fitness goals has never been more attainable.

Visit Sweat Equity Fitness today—where every session counts towards building a healthier, happier you!

We are at

2063 Biscayne Blvd STE C103 A, 33137 Miami, Florida - United States (US)

The phone number of the mentioned **Personal trainer** is +1305-574-9497

And if you want to send a WhatsApp, you can do so at +1305-574-9497

We look forward to seeing you at:

Day Hours
Monday
6?AM–8?PM
Tuesday
8?AM–2?PM
Wednesday
8?AM–2?PM
Thursday
6?AM–8?PM
Friday
6?AM–8?PM

Saturday
6?AM-8?PM
Sunday
6?AM-8?PM

The website is [Sweat Equity Fitness of Miami](#)

In case you want to adjust any data that you think is not precise related to this portal, we kindly request send a message so that we will adjust it at the earliest convenience. Thank you in advance thanks.

Images



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Tags

Planning, Wheelchair-accessible entrance, On-site services, Appointments recommended, Paid street parking, Toilet, Wheelchair-accessible toilet, Amenities, Parking, From the business, Language assistance, Gender-neutral toilets, Free multi-storey car park, Online classes, Accessibility, Wheelchair-accessible car park, Identifies as Black-owned, Service options

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counselor
country club
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fitness
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